



**Ligament**

Connections equal strength



Meet our *Superstar* Physio!

**CK**

**Nationality**

South African Female

**Age Range**

26 - 30

**Experience Level**

6 - 7 years

**Desired Contract**

Kiwi (to 12months)

**Clinic Disciplines and Areas of Experience**

Musculoskeletal, Sports, Paediatric, Return to work programs, Orthopaedics (pre & post operative), Cardiorespiratory, Rehabilitation (vocational / functional), Leading exercise classes, Neurology, Working

**Who am I ?**

I thrive off of helping people - this in turn allows me to delve into the depths of who I am and open doors to the individual that I am.

Learning about culture, history, the universe and different journeys of life fascinates me.

I am not conned to what others think of me, I rather try to be a better version of myself each and everyday.

Meditation, mindfulness and trying to keep an active and balanced lifestyle is important to me.

Compassion and understanding are traits I try to exude when assessing and treating patients - this filters into my everyday life as people/helping people is a way of life.

**Interests**

Mindfulness is important to me- maintaining a balanced lifestyle with what I have and am blessed with. Meditation and learning about different energies (crystal healing, Aura's, Reiki etc.) broadens my mind.

I enjoy being outdoors, it brings me a sense of tranquillity- therefore hiking and exploring nature interests me. I enjoy art in all its forms, or rather take an interest in learning about all its forms. Socializing with new people as well as ensuring I spend quality time with my family and friends is something I value and practice.

**Physio Interests**

From experience, not many people enjoy rehabilitation as it is a lengthy process. However, I do have a keen interest in neurological rehabilitation. I enjoy the challenge although the process can be stagnant for prolonged periods of time. I enjoy challenging myself in terms of modifying exercises or tasks so that my patient/s may achieve them.

**CPD to Note**

I try to broaden my knowledge to other healthcare professions, diagnosis, treatments as physiotherapy is only one part of the system that assists and treat people. Manual Therapy at Tooth level, Dry Needling Levels 1 and 2, Osteoporosis in Men.



# More about CK

## Quotes from References

### Accuracy / Timeliness and Workload

Carmin is a bright girl and a fast learner. She always asked a lot of questions, which showed her eagerness in wanting to do her duties correctly. Her attitude to her work was that nothing was too much, and the work needed to get done before she would take a break.

### Strengths

Respect, punctuality, and an eagerness to learn and help others to the best of her ability. Does not take criticism as an attack but more as a lesson to learn and grow

### Further Comments

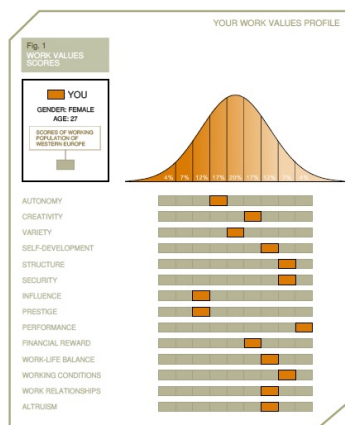
This is big step for Carmin, considering leaving her home country, but I know she will be up to the challenge, and has the determination to make a success of such an endeavor. She will be an asset in any organisation.

## Work Values Assessment

*The Work Values Assessment measures a person's values helping to determine whether they are happy in specific environments. It measures the importance of the following 14 factors:*

1. **Autonomy:** The ability to choose for yourself what to do and when to do it.
2. **Creativity:** The opportunity to use imagination at work and come up with new and original things.
3. **Variety:** Working on various thing simultaneously or being part of adventurous or exciting work.
4. **Self-development:** Room for the ambition to develop further both professionally and personally.
5. **Structure:** Fixed routines and activities with clear frameworks and timelines.
6. **Security:** Clarity with regards to financial security and prospects for the future.
7. **Influence:** The opportunity to influence others and contribute to discussions that influence decisions.
8. **Prestige:** Work that gives you standing or status in the community. Being held in high regard.
9. **Performance:** The opportunity to demonstrate what you are capable of. Reward and recognition for individual effort.
10. **Financial reward:** The ability to earn a good salary.
11. **Work-life balance:** Striking a good balance between work and personal life. Flexibility regarding work, rest, and holidays.
12. **Working conditions:** Work is done in a pleasant environment under favourable working conditions.
13. **Work relationships:** Having pleasant social contact with nice colleagues.
14. **Altruism:** Helping others through the work you do.

## Work Values



## Work Values Results

Carmin scores extremely high on performance which confirms her drive for results. She scores high on structure and security which indicates that she wants clarity about her future and clear frameworks and rules. Carmin will do well in a pleasant, comfortable work environment as indicated by her high score on working conditions.





# More about CK

## Career Values

### Value 1

ACHIEVEMENT - Wants to see results and get a feeling of accomplishment.

### Value 2

WORK CONDITIONS - Consider pay, stability and good work conditions to suit their work style.

### Value 3

SUPPORT - Thrives when comfortable with the style of management and manager is considerate, competent and fair.

## Temperament Typology Explained

Temperament refers to a person's inborn qualities. This assessment measures extraversion on one axis and task or people orientation on the other.

*Leopards (L1) are task-orientated introverts.*

*Lions (R1) are task-orientated extroverts.*

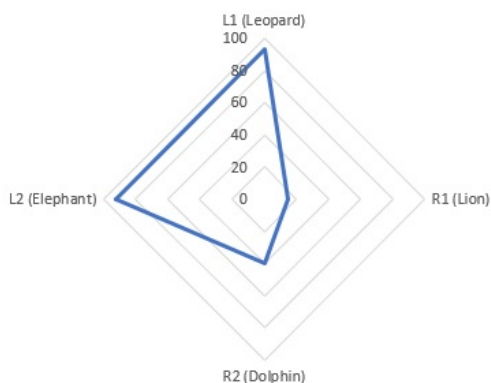
*Dolphins (R2) are people-orientated extroverts.*

*Elephants (L2) are people-orientated introverts.*

## Temperament Typology

Carmin is a combination of Leopard & Elephant. She is predominantly introverted, and more people orientated. This makes her a hard worker, motivated by results and very dependable in a team. She is a good listener and communicates clearly and patiently. Carmin tends to avoid conflict and will point out the logic and benefits in such situations.

## Temperament Graphic



## Temperament Typology Result

Leopard (L1)	93
Lion (R1)	15
Dolphin (R2)	40
Elephant (L2)	92

