

# CHRISTINA MCILDUFF

CHIROPRACTOR



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Poole, UK

## PROFILE

Teesside University graduate chiropractor with a strong belief in empowering patients through holistic, evidence-based care. Skilled in developing personalised treatment plans aligned with individual goals, while fostering trust and understanding through patient education. Brings a unique background in movement and leadership, having founded and managed an aerial circus school alongside clinical training. Demonstrates strong initiative, resilience, and time management. Passionate about supporting patients in achieving long-term health, wellbeing, and freedom of movement.

## WORK EXPERIENCE

### 2020- Present

**Aerial Beats** - Aerial Circus Classes | North Shields, Newcastle

#### Founder and Director

- Established and lead a circus aerial school, growing from a solo instructor to managing a team of six coaches, delivering classes to over 100 students per week.
- Focused on empowering students and staff by fostering confidence, inclusion, and skill development through well-structured classes and supportive client communication.
- Oversee the management of daily business operations including class scheduling, staff management, client bookings, financial administration, and compliance with health and safety regulations
- Designed and managed a professional Squarespace website with integrated Acuity booking system, optimising user experience and implementing SEO strategies to drive web traffic and sales.

### 2020 - 2023

**Naturally Chiropractic** | Tynemouth, Newcastle

#### Chiropractic Assistant and Receptionist

- Scribed for multiple chiropractors and took care of all aspects of clinic room.
- Managed appointment scheduling and diary coordination using PracticeHub.
- Handled phone enquiries and bookings with clear, professional communication.
- Supported patient comfort and clinic flow during appointments.
- Resolved scheduling conflicts and last-minute changes efficiently.
- Maintained accurate records and assisted with day-to-day admin tasks.

## EDUCATION

### 2021-2025 TEESIDE UNIVERSITY

- 1st Class Master of Chiropractic Science

### 2009 -2012 - BODYWORK COMPANY

- National Diploma in Musical Theatre - Distinction

### 2007-2009 ST THOMAS MORE 6<sup>TH</sup> FORM COLLEGE

- Physical Education - A
- Graphic Design - A
- Geography - A

### 2002 - 2007 ST THOMAS MORE R.C. HIGH SCHOOL

- 9 A - A\* GCSE's incl. English and Maths

## AWARDS

### FICS (INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC) STUDENT SCHOLARSHIP WINNER- 2025

- Sponsored by Life University
- Currently completing the ICSC Certificate

## PREVIOUS WORK & SHADOWING

- 2023** - Shadowed FICS Chiropractors at Masters Athletics Event
- 2018 - 2020** - My Aerial Home , Sydenham - Manager and Head of Youth Circus
- 2012 - 2020** - Contract based jobs in the performing arts and hospitality sector