

CURRICULUM VITAE

PERSONAL DETAILS

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WORKING EXPERIENCE

2018-03 - **Södersjukhuset**, Stockholm
Specialist nurse in recovery area.

2016-08 - 2017-12 **Alpha Plus**, Stockholm
Consultant.

2015-01 - **SATS**, Stockholm
Instructor Indoor Running and Yoga.

2014-01 - 2014-12 **SATS**, Stockholm
Instructor Runners Strength by Urban Tribes.

2013-01 - *Freelance journalist.*

2012-05 - **Running Sweden / Urban Tribes**, Stockholm
Running coach.

2011-01 - 2012-12 **Karolinska university hospital**, Huddinge
Specialist nurse in recovery area.

2010-01 - 2010-12 **PowerPlace fitness center**, Stockholm
Supervisor and instructor.

2008-01 - 2009-12 **Dedicare AB**, Stockholm
Specialist nurse.

2003-02 - 2007-12 **Falu hospital**, Falun
Specialist nurse.

2005-04 - 2005-12 **Alpha Plus**, Falun
Chief assistant, project work.

2000-05 - 2003-01 **County hospital**, Halmstad
Registered nurse, surgery ward.

2000-04 - 2000-05 **County hospital**, Halmstad
Registered nurse, surgery ward (employed by the hour).

1999-05 - 1999-10 **Spenshult AB**, Oskarström
Registered nurse.

1999-03 - 1999-05 **Medical health center**, Oskarström and Vallås
Registered nurse.

- 1998-09 - 1998-12 **Medical health center**, Oskarström and Vallås
Registered nurse.
- 1994-09 - 1995-06 **High school**, Getinge
Teacher in sports and art.
- 1993-08 - 1995-07 **County hospital**, Halmstad
Registered nurse, orthopedic ward (employed by the hour).
- 1993-06 - 1993-11 **Air Force school**, Halmstad
Head nurse (employed by the hour).
- 1992-02 - 1993-08 **County hospital**, Halmstad
Registered nurse, orthopedic ward.
- 1991-09 - 1991-11 **County hospital**, Halmstad
Registered nurse, orthopedic ward.
- 1991-03 - 1992-12 **Air Force school**, Halmstad
Head nurse.
- 1990-06 - 1990-10 **County hospital**, Halmstad
Registered nurse, medical and orthopedic ward.
- 1986-09 - 1987-11 **County hospital**, Halmstad
Secondary nurse.

EDUCATION

- 2018 **CEPS Teamwork** (October 2, 2018)
Södersjukhuset, Stockholm
- 2018 **CPR and AED** (June 12, 2018)
Södersjukhuset, Stockholm
- 2015 **Freelance reporter**
Jakobsbergs Folkhögskola, Stockholm
- 2015 **Advanced training program writing by Urban Tribes**
Stockholm
- 2015 **SATS Training for runners**
Stockholm
- 2015 **Web editor**
Poppius Journalist school, Stockholm
- 2015 **SATS Indoor Running**
Stockholm
- 2013 **Runners Strength by Urban Tribes**
Stockholm
- 2013 **Running coach education by Running Sweden / Urban Tribes, part 2**
Stockholm
- 2012 **Running coach education by Running Sweden / Urban Tribes, part 1**
Stockholm
- 2011 - 2012 **Lifeyoga teacher**
(A part of kundalini-yoga)
Stockholm
- 2011 **CPR and AED** (April 15, 2011)
Huddinge
- 2010 **Running coach education by the Swedish athletic association, part 2**
Sollentuna

2010	Powerplate instructor, part 1 Stockholm
2009	CPR and AED (June 24, 2009) Huddinge
2009	Running coach education by the Swedish athletic association, part 1 Stockholm
2008	GCP Good Clinical Practice Basic TFS Academy, Stockholm
2006 - 2008	Courses in journalism, research, story, culture, blog, debate and chronicle Poppius Journalist school, Stockholm
2005	Therapeutic lifestyle certification (TLC) Nordic nutrition and phytotherapy school, Stockholm
2003	CTSS - Certified trauma specialist service Falun
2002 - 2003	Specialist nurse in acute and intensive care (40p) University, Halmstad
2000 - 2001	Scientific theory and method (10p) University, Halmstad
1999 - 2000	Athletic education project Halland athletic association and SISU Halland, Halmstad
1997 - 1998	History (40p) University, Halmstad
1995 - 1997	Supplementary education Komvux, Halmstad
1993 - 1994	Sports consultant Bosön sports education center, Stockholm
1988 - 1990	Health and medical education , university degree - registered nurse University, Hallands län
1984 - 1986	Health and medical education , college degree - secondary nurse Södra vårdskolan, Halmstad

MISC

- + Former elite runner with victories in, among others, Stockholm Marathon, Tjejmilen and Finnkampen. Participated in several international championships. 30 individual medals in Swedish championships.
- + Freelance journalist since 2007.
- + Author of the book *Löpträning* ("Train for running"), ICA Bokförlag, 2011.
- + Have had many lectures about training, health, positive mind, motivation and visions.
- + Traveled in many countries.
- + Project work at Bäckavattnets golf club to help them develop their elite players.
- + Did my practice in USA during my intensive care education.
- + Driving license since 1984.