



MARTINA LENHARDTOVA

📍 Čeresnova 6, 082 21,
Velky Saris, Slovakia

📞 +421 905 841 128

✉ msemesiova@gmail.com

My name is Martina Lenhardtova. I am a masseuse specializing in the treatment of the musculoskeletal system through Traditional Chinese Medicine. I have extensive experience in the field of adult education. I taught at the Presov University of Presov for 20 years.

I am a Taekwon-Do Trainer. Black Belt 3th Dan, this year I aspire to 4th Dan. I am one of the founders of The Slovak Union of Taekwon-Do ITF. I am currently a Vice president of The Slovak Union of Taekwon-Do ITF. I work in a Sport club Taekwon-Do Delta Velky Saris. Taekwon-Do KIDS is my passion. In the past, I was a national team coach with excellent results.

PERSONAL INFORMATION

Birthdate: 11.5.1979

Country of birth: Slovakia

Civil status: married, 2 daughters

WORK EXPERIENCE

2/2022 Therapiste in Vitalia
Presov, Slovakia

- Performed various massage techniques, tailoring each treatment to clients' needs and preferences.
- Prevented illnesses and other physical and mental impairments by advising patients and relations on preventive healthcare practices.
- Created and executed treatment plans for physical, mental and psychosocial illnesses using different techniques.

11/2022 Vice President of The Slovak Union of Taekwon-Do ITF
Bratislava, Slovakia

9/2002 – 6/2021 Assistant at the Department of Adult Education on Presov University of Presov
Presov, Slovakia

- Kept and updated students' Individual Learning Plans and records to help evaluate progress and areas for development.
- I educated students in the area of Adult Education.
- I specialized in seniors (geragogy).
- I was a supervisor for the final theses.
- Team member of Public relations of Presov University.

2/2010 – 12/2012 Coach of the national team of Slovakia
The Slovak Union of Taekwon-Do ITF

1/2000 – 1/2007 President
The Slovak Union of Taekwon-Do ITF

- main organizer of the 13th Junior and 22nd Senior European Taekwon-Do Championships ITF, Poprad-Vysoke Tatry

7/2002 – 8/2002 Danone
Bratislava, Slovakia

- product sales

EDUCATION

2012 Doctor of Philosophy, Andragogy

Matej Bel University in Banska Bystrica

Thesis: *Physical activity as a means of improving the quality of life of seniors from the perspective of theory of education and adult education.*

2002 Master's degree, Andragogy

Presov University of Presov

PERSONAL SKILLS

Mother tongue Slovak

Other languages

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
Polish	A2	A2	A2	A2	A2
Czech	C1	C1	C1	C1	C1

- Adaptability & willingness to learn.
- Communication.
- Critical thinking.
- Interpersonal skills.
- Problem solving.
- Processing & analyzing information.
- Respecting differences & diversity.

Velky Saris, 3rd May, 2023


Martina Lenhardtova