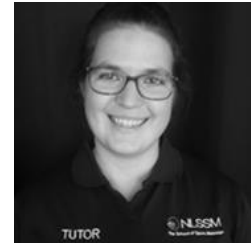


# DIRECTOR BIOGRAPHY

## Laura Phillips



Laura originally qualified in 2012 from the University of Leeds with a sports and exercise science degree, including a year's placement in a human performance exercise physiology lab. After her experience of volunteering at London 2012 and chatting to the wider medical teams on the benefit of soft tissue treatment, she began her career as a massage therapist. In 2015 she upskilled her qualification with NLSSM and joined the team.

Laura has worked with numerous national and international athletes and at many large-scale events, as well as promoting the benefits of massage to the office world. She is the Head of the marking department and is now on board as an assistant tutor.

This is not the only thing she enjoys but loves spending time in the gym or out for hikes with her son and their rescue dog.