

CV for Signe Gro Kristensen

1990 - 2000: Worked as intensive nurse in intensiv Care unit.

2000 - 2003: Worked as a Oncology nurse.

2003 - 2008: Study nurse at the pulmonary department, where my interest in preventive care increased as I started as a stop smoking instructor.

2008 - 2010: Worked at the diabetes department with interesting in health and coping with chronic illness.

2010 - 2019: Nurse and study Coordinator at the sclerosis department.

I have taken several courses in motivational conversation and empowerment coaching, which I through my work the last 9 years had the opportunity to use. My interest in preventive healthcare and rehabilitation is continuing to grow, which is why I decided to combine it with one of my other yearlong interest: Yoga.

In 2017 I got the RYS 200 hour yoga alliance certification, and the last 2 years I have had 50 hours of meditation and breathing therapy training and 100 hours in yoga alignment.

For the last 3 years I have been teaching yoga class and the last 2 years I have been teaching yoga at the day clinic for sclerosis patients at the hospital Rigshospitalet Glostrup Denmark.