

CURRICULUM VITAE

I am an open-minded and empathetic social sector specialist with a master's degree in Religious Studies and Theology and an applied higher education degree in Social Work and Rehabilitation Management. I have diverse experience in the field of mental health and the ability to establish a trusting and supportive connection with people from various backgrounds. I have an analytical mindset, creativity, and a goal-oriented approach, and I value continuous self-development and collaboration.

NAME: LAURA LIIS VALMAS (until 21.04.2023 Laura Roots)

DATE & PLACE OF BIRTH: 21.04.1995, Estonia

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EDUCATION

2020-2024 University of Tartu, Religious Studies and Theology (Master's degree)

2017-2020 University of Tartu, Pärnu College, Social Work and Rehabilitation Management (Applied Higher Education)

2012-2014 Pärnu Ülejõe Gymnasium, Music-oriented studies (Secondary education)

ADDITIONAL TRAINING

Psychology, healthcare, and social work trainings:

2025:

- University of Tartu Clinical Centre – Attention Deficit Hyperactivity Disorder (ADHD) in Adulthood (7 hours)
- University of Tartu – Self-Management and Professional Self-Care (1.5 ECTS)

2024:

- Estonian Social Insurance Board – Psychological First Aid for Crisis Support (4 hours)

- Estonian Social Insurance Board – Trauma-Informed Practice (10 hours)
- University of Tartu Clinical Centre – Communication and Coping with Psychiatric Patients (8 hours)
- Pärnu Hospital – Social Services (3 academic hours)
- Pärnu Hospital – ADHD in Adults (3 academic hours)
- Pärnu Hospital – Addiction Disorders (3 academic hours)
- Pärnu Hospital – Role of a Mental Health Nurse in Psychiatry (2 academic hours)
- Pärnu Hospital – Anxiety Disorders and Depression (3 academic hours)
- Pärnu Hospital – Psychiatric Triage (1.5 academic hours)
- Pärnu Hospital – Psychiatric Disorders in the Elderly (1.5 academic hours)
- Pärnu Hospital – Schizophrenia Spectrum Disorders and Bipolar Disorder (3 academic hours)
- Pärnu Hospital – Psychopathology (3 academic hours)

2022:

- University of Tartu – Consciously into the Future: My Career Plan (1 ECTS)
- Estonian Academy of Security Sciences – Recognizing, Preventing, and Managing Risk Behavior Caused by Radicalization (6 hours)

2021:

- Estonian Social Insurance Board – Flag System: Responding to Inappropriate Sexual Behavior in Children and Youth (8 hours)

2020:

- University of Tartu, Continuing Education – Fundamentals of Psychology (2 ECTS)
- SeAMK – Seinäjoki University of Applied Sciences – Child Welfare in Social Work (International Health and Social Work Week)

2018:

- Estonian Ambulance Association, Pärnu – First Aid Training for Motor Vehicle Drivers

Religion and Spirituality:

2025 Embodied I Ching – Health and Energy Healing Certification

2015 Pärnu Immanuel Congregation – Alpha Course

Handicrafts:

2016 Pärnumaa Vocational Education Centre, workplace-based training – Home Textile Sewing (Third-level vocational education)

2010 Estonian Folk Heritage School, Outdoor Learning Course – Estonian Folk Games and Crafting (8 hours)

Music:

2010-2013 Mihkel Lüdig Vändra Music School – Basic piano studies (additional instrument: saxophone)

2002-2010 Mihkel Lüdig Vändra Music School – Junior piano studies, completed with honors (additional instrument: transverse flute)

Other trainings:

2020 Estonian-Swiss Cooperation Program – Online Fire Safety Training for Hospital and Nursing Home Staff

2012 University of Tartu – Biology Workshop by the Estonian Physics Society and the University of Tartu Science School

LANGUAGE SKILLS

- **Estonian** – Native (Excellent proficiency)
- **English** – C1 (Advanced proficiency)
- **Russian** – A2 (Basic proficiency)

COMPUTER SKILLS

Intermediate level:

- MS Word (Experience with thesis writing)
 - MS Outlook (Daily use for emails and scheduling)
 - MS PowerPoint (Presentation creation and delivery)
 - WordPress (Website creation and management)
 - MS Excel (Data analysis experience)
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DRIVER'S LICENSE

Since 23.07.2020 – AM and B category

WORK EXPERIENCE

- **26.11.24 – 21.12.24** Grove Turkeys Limited (Grove Farm, Ireland), Packer (Seasonal Work)
 - **29.11.23 – 20.12.23** Grove Turkeys Limited (Grove Farm, Ireland), Packer (Seasonal Work)
 - **18.08.2023 – Present** OÜ Inspiratsioon Studio – Owner, Partner, Director, Craftsperson, Provider of Spiritual Products/Services
 - **02.01.2023 – Present** SA Pärnu Hospital Psychiatric Clinic Day Center – Support Person, Activity Instructor (0.5 position)
 - **02.01.2023 – Present** SA Pärnu Hospital Psychiatric Clinic Acute Unit – Activity Instructor (0.5 position)
 - **01.11.2021 – 31.12.2022** – Pärnu City Government – Social Consultant (Parental Leave Substitute)
 - **01.02.2021 – 31.05.2021** – Sindi Social Work Center – Activity Instructor and Social Worker (ISTE Project)
 - **01.06.2020 – 31.10.2021** – SA Pärnu Hospital Psychiatric Clinic Day Center – Activity Instructor and Support Person (Parental Leave Substitute)
 - **15.02.2018 – 31.05.2020** – AS Hoolekandeteenused – Activity Instructor and Support Person
 - **03.11.2014 – 02.02.2018** – Wendre AS – Production Worker, Seamstress
 - **09.09.2013 – 31.10.2014** – Müügimeistrite AS – Telemarketing Consultant (Part-time)
 - **17.06.2013 – 01.09.2014** – Café Joonas – Waitress, Dishwasher, Assistant Cook (Seasonal work, Vacation Substitute)
 - **2005 – 2013** – C. R. Jakobson Farm Museum in Kurgja – Jewelry Maker
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VOLUNTEER WORK

- **2019** – Project: Inclusion of People with Special Needs in Entertainment (Covered by [Pärnu Postimees](#))
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INTERESTS, HOBBIES

Singing, musical activities, chess, discgolf, writing, various handicrafts, reading, cooking, traveling, photography, self-development, nature-related and creative activities, geocaching

LITERARY/CREATIVE CONTRIBUTION

- **2024** – [Master's Thesis](#): *"The Impact of Yoga on Health"*
 - **2020** – [Bachelor's Thesis](#): *"The Relationship Between Academic Performance and the Experience of Mental and Physical Violence Among Adult Secondary School Students"* (Published in [Õpetajate Leht](#) in 2021 as an article titled *"Violence Can Affect Academic Performance"*)
 - **2014** – Co-author (under maiden name Laura Roots) in poetry book *"[Pärnu Kirjarahva Antoloogia 2](#)"* (Hea Tegu Publishing, 2014, ISBN: 9789949960217)
 - **2012** – Entrum Youth Program – [Actor](#) in a [Music Video](#)
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ORGANIZATIONS

- **2011 – 2012** – Student Council of Vändra Gymnasium (JATS)
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RECOGNITIONS/ACHIEVEMENTS

- **2020** – [Nominated](#) for *"Young Newcomer in the Social Sector of the Year"*
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STRENGTHS/ADDITIONAL SKILLS

Strategic, Logical, and Analytical Thinking:

- **2024** – International IQ test [score](#): **123**
- **Multiple First Places in Youth Chess Tournaments:**
 - **2013** – 1st place in *Paul Keres 97 Chess Tournament* ([Pärnu Postimees](#))
 - **2012** – 2nd place in *Paul Keres 96 Anniversary Tournament* ([Pärnu Postimees](#))
 - **2011:**
 - 1st place in Pärnumaa Chess Tournament Annual Series
 - 2nd place in Pärnumaa Rapid Chess Championships ([Pärnu Postimees](#))

- 1st place in Youth Chess Tournament *"Hello, Autumn!"* ([Pärnu Postimees](#))
- 1st place in Endel Mäekalle Chess Championships ([Pärnu Postimees](#))
- 1st place in Pärnumaa Youth Chess Tournament *"Hello, Summer!"* ([Pärnu Postimees](#))
- 1st place in Pärnumaa Youth Chess Tournament *"Hello, Winter!"* ([Pärnu Postimees](#))
- 1st place in Youth Chess Tournament *"Hello, Spring!"* ([Pärnu Postimees](#))
- 3rd place in Pärnumaa Rural Schools Chess Championships ([Pärnu Postimees](#))
- **2010:**
 - 3rd place in the youth chess annual series overall ranking ([Pärnu Postimees](#))
 - 3rd place in the chess tournament *"Hello, Winter!"* ([Pärnu Postimees](#))
 - 3rd place in the youth chess tournament *"Hello, Autumn!"* ([Pärnu Postimees](#))
- **2008:**
 - 2nd place in the Pärnu County chess annual series overall ranking
 - 3rd place in the annual *"Hello, Summer!"* chess competition
 - 2nd place in the youth chess competition *"Hello, Winter!"* ([Pärnu Postimees](#))
- **2007:**
 - 3rd place in the chess tournament *"Hello, Autumn!"* ([Pärnu Postimees](#))
 - 2nd place in the *"3rd Anniversary Youth Chess Tournament of Audru Chess Club"* ([Pärnu Postimees](#))

Disciplined, Dedicated, Goal-Oriented, Competitive, Team Player, Determined:

- **2014:**
 - 3rd place in *"Shining Soloist"* Singing Competition ([Pärnu Ülejõe Gymnasium Yearbook](#))
 - Award for *"Outstanding Athlete"* ([Pärnu Ülejõe Gymnasium Yearbook](#))
- **2013:**
 - 2nd place in Pärnu School Indoor Athletics Championships in High Jump ([Pärnu Postimees](#))
 - 3rd place in Inter-Class Indoor Football Tournament at Pärnu Ülejõe Gymnasium ([Yearbook 2012-13](#))
 - 2nd place in Pärnu City Schools Relay Race ([Yearbook 2012-13](#))
- **2012:**
 - 3rd place in *35th Kurgja Forest Run "Sakala Road"* ([Marathon 100](#))
 - 2nd place in Pärnu County High Jump Championships ([Yearbook 2012-13](#))
 - 3rd place in Estonian Language School Olympiad at Vändra Gymnasium
- **2011:**
 - 2nd place in Pärnu County Cross-Country Relay ([Maaleht](#))

- 3rd place in Pärnu County High Jump Championships ([2011 Pärnu County Indoor Athletics Results](#))
- 3rd place in Pärnu County 600m Run Championships ([2011 Pärnu County Indoor Athletics Results](#))
- **2010:**
 - 2nd-3rd place in Pärnumaa School Music Quiz ([Pärnu Postimees](#))
 - 1st place in Vändra Gymnasium Athletics 60m Sprint
 - 1st place in Vändra Gymnasium Athletics 500m Run
 - 2nd place in Vändra Gymnasium Athletics Long Jump
- **2009:**
 - 2nd place in Vändra Gymnasium Class Relay Race
 - 3rd place in Vändra Gymnasium Long Jump Competition
 - 1st place in Vändra Gymnasium 400m Girls' Run
- **2008:**
 - 3rd place in Vändra Gymnasium Athletics Pentathlon
 - 2nd place in Vändra Gymnasium Long Jump Competition
 - 1st place in Vändra Gymnasium 500m Girls' Run
 - 1st place in *30th Kurgja Forest Run "Sakala Road"*
- **2007:**
 - 1st place in *29th Kurgja Forest Run "Sakala Road"*
 - Ranked in Vändra Gymnasium's Best Athletics [Results](#) of All Time
- **2006:**
 - 1st place in Vändra Gymnasium Dodgeball Tournament
 - 1st place in Vändra Gymnasium Long Jump Competition
 - 1st place in *28th Kurgja Forest Run "Sakala Road"*