

PERSONAL INFORMATION

Blanka Koščak Tivadar

 Dedni Dol 33, 1294 Višnja Gora (Slovenia)
 00 386 40 627 915
 blanka@mediko.si
 www.fizioterapija-mediko.si

WORK EXPERIENCE

- 6/1985–1/1987 **Administrative secretary**
- 11/1988–1/1991 **Physiotherapist**
Orthopedic clinic, University Medical Centre Ljubljana, Ljubljana (Slovenia)
- 1/1986–11/1988 **Physiotherapist**
Community Health Centre Ljubljana, Ljubljana (Slovenia)
- 1/1991–10/1995 **Physiotherapist**
Community Health Center Grosuplje, Grosuplje (Slovenia)
- 10/1995–Present **General manager, Physiotherapist**
Mediko, Višnja Gora (Slovenia)

EDUCATION AND TRAINING

- 10/2014–Present **PhD** EQF level 8
University in Ljubljana, Faculty of sport

PERSONAL SKILLS

Mother tongue(s) Slovenian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
Croatian	C2	C2	C2	C2	C2
Serbian	C2	C2	C2	C2	C1
Italian	B2	B1	B1	B1	A1
French	A2	A2	A2	A1	A1
Bosnian	C2	C2	C2	C2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills Open and social person, who loves to teach and help people.

Organisational / managerial skills Good organisation skills and systematic way of thinking.

Job-related skills Good imagination and creativity, always wants to learn more.
Long experience of teaching and treating people.

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Digital competences - Self-assessment grid

Other skills

Formal education:

- Senior lecturer (Faculty of health science Novo Mesto, Faculty of Health Care, Higher professional school for cosmetics and wellness Ljubljana)
- Master of Education and Management in Health (2014)
- Graduate Physiotherapist (2003)
- Senior Physiotherapist (1985)

Certificates:

- Fascial Fitness coach (2017)
- Fascial fitness therapist (2014)
- IPNF therapist (2009)
- Pilates coach instructor (2004)
- Cyriax Therapist (1999)

Knowledge and competence:

- Manual therapy
- Neurophysiotherapy
- Lymphatic drainage
- Kinesiotaping
- Mulligan therapy
- Nervous system mobilization
- Trigger point therapy
- Fascial techniques
- Fascial fitness
- Pilates
- Lecture in the area of ergonomics and health promotion
- Anatomy lecture for a massage course
Lecture for physiotherapists
Research in the field of physical activity and cognition