
Caroline Kenworthy

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Chicago, Illinois

carolinekenworthy.com

I'm a **shiatsu massage therapist** with a poetic approach. The body-mind connection is my interface to bring peaceful vitality out of rest and movement.

Licensed Massage Therapist
Licensed in IL, 2026

Experience

CLIENT CARE & OPERATIONS COORDINATOR

JAN 2026 @ Inner G Restorative & Holistic Care Chicago, IL

PRESENT I maintain cleanliness and readiness for clients & therapists and coordinate scheduling, payment, and memberships.

During a transition between scheduling systems, I wrote and edited marketing copy, educated clients & therapists on the new software, and created useful filters and reports to support software adoption and improve business outcomes.

SHIATSU MASSAGE EXTERNSHIP

OCT 2025 @ Inner G Restorative & Holistic Care Chicago, IL

DEC 2025 Deepening the bodywork skillset acquired at Zen Shiatsu Chicago, I delivered 22 hours of accessible, mindful bodywork to Inner G's clientele in the Ravenswood neighborhood.

STUDENT CLINIC PROGRAM

MAY 2025 @ Zen Shiatsu School Evanston, IL

AUG 2025 Completed 20 hours of shiatsu massage therapy, providing bodywork services to the community of Evanston. Clinic competencies included setting up, client intake & evaluating complaints, treatment, outtake, and breaking down the treatment room.

FRONT-END DEVELOPER

APR 2025 @ Various Startups Chicago, IL

AUG 2016 I dedicated nearly 9 years to a career in web development, specializing in the finicky front-end. From a high-output branding agency to mid-size startups, I created hundreds of deliverables from scratch and realized pixel-perfect designs with ADA-compliant code (for browsers as far back as IE8!).

I moonlit as a copywriter and editor, and my communication skills saved my teams from weeks of unnecessary work with my clearly defined project goals and outcomes.

Skills

Bodywork Modalities

Zen Shiatsu
Swedish
Myofascial Release Techniques
Mindfulness Meditation
Breathwork

Communication

– Clear & effective goal setting
– Inventive, surprising vernacular to enhance clarity and connection
– Exceptional grasp of technical, logistical, and software systems
– Conversationally fluent in French; deeply interested in polyglot practices

Education

2025
Shiatsu Massage
Zen Shiatsu Chicago

2016
Web Development Intensive
HTML, CSS, JS, Ruby, RoR
Dev Bootcamp

2011 – 2015
B.A. of Liberal Arts
Concentration: Poetry & French