

## PERSONAL STATEMENT

I am soon to be graduate in Chiropractic 2025 with a background in Sport and Exercise Science and a strong commitment to inclusive, evidence-informed, patient centered care.

My clinical training has equipped me to confidently manage a diverse patient base, from ages 4 to 88, including athletes and physically active individuals. I am proficient in Diversified, Drop Table, Activator, Gonstead, Upper Cervical and soon to be Thompson, and SOT. I take a tailored, empathetic approach to patient education, I like to meet people where they are in their health journey and supporting their understanding and engagement over time throughout their care plan.

My chiropractic philosophy has been shaped by years of high-performance sport, having represented New Zealand at five Artistic Swimming World Championships and later serving as Head Coach of my regional and national team. These experiences honed my skills in leadership, discipline, communication, and team dynamic qualities that now enrich my clinical interactions and commitment to collaborative practice. I thrive in supportive environments that emphasize mentorship, professional development, and work life balance, believing that grounded practitioners are best equipped to provide exceptional care.

I am open to opportunities across New Zealand and Australia, with particular interest in clinics located in Invercargill, Queenstown, or Christchurch.

Outside of chiropractic, I remain actively involved in Artistic Swimming and am currently pursuing gold-status World Aquatics Judging Certification, a journey that continues to fuel my passion for excellence, growth, and service to community.

## KIRSTIN ANDERSON

New Zealand  
Chiropractic Intern



### WORK EXPERIENCE

**Head Coach New Zealand Artistic Swimming National Team - 2018-2022 & Phoenix Synchro Southland**

#### *Skills Obtained*

- ▶ Communication skills
- ▶ Planning Practices
- ▶ Bookings and scheduling skills
- ▶ Organisation and time management skills
- ▶ Relationships with athletes and families
- ▶ Exposure to multicultural

### INTERN EXPERIENCE

- ▶ NZCC Student Clinic
- ▶ Rarotonga Outreach Mission
- ▶ Teen Pregnancy Unit
- ▶ Coca-Cola Externship

### ACADEMIC ACHIEVEMENTS

- ▶ New Zealand Representative Judge at Oceania Championships, Australian Nationals, World Championships
- ▶ New Zealand Lifeguard Certificate 2022-23
- ▶ New Zealand College of Chiropractic – currently year 5 of study
- ▶ Massey Distance Introductory Physics, Foundation Human Bioscience, Human Bioscience Normal Body Function, Functional Anatomy – 2021
- ▶ FINA G International Judge – 2016-2021
- ▶ Diploma in Sport & Exercise Science– 2012

### SPORTING ACHIEVEMENTS

- ▶ New Zealand Representative Judge at Oceania Championships, Australian Nationals, World Championships
- ▶ Athlete Representing New Zealand at FINA World Championships for Synchronised Swimming **2011-2015**
- ▶ Represented New Zealand at World University Games for Synchronised Swimming **2013**
- ▶ Represented New Zealand at the Commonwealth Games for Synchronised Swimming **2010**

### CONTACT

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