

**About Trevor Aird**



Trevor Aird

**Trevor's Mission**

"To teach, Inspire and Coach People to realize their Full Potential"

Trevor is a certified Master Practitioner and Trainer of NLP, Timeline Therapy and Hypnotherapy. He was a Master Coach for Inner Compass. He is the resident NLP Coach at the Godalming Holistic Clinic in Surrey. He is passionate about NLP empowering change for people.

*Trevor Specialises in: Confidence Coaching, Peak state Training, Stress Management, Emotional Mastery, Energy Work, Spiritual Connection.*

Based in: Guildford Surrey UK



Trevor trained with many top names including Inner Compass Tony Robbins. He gained his Master Practitioner Certificates in NLP, Timeline Therapy and Hypnosis. Trevor received his NLP Trainer Certificate from John Seymour who was mentored by NLP Originators Bandler & Grindler. He is a Hawaiian Huna Initiate.

Trevor is an engaging and passionate

	speaker and trainer. He aims to empower people to realise their full potential whilst reconnecting at source to their true power. He runs coaching life changing programs, confidence workshops and presenting skills. He runs workshops with the emphasis on fun transformation and developing leadership skills.
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## **Typical Clients**

Trevor has experienced great results with stressed executives and business owners. He specialises in training people to authentically present themselves, manage their energy, connect with people themselves and others with confidence. He helps many successful people who have become stuck and lack resources.

Many of Trevor's clients appear successful in life and yet have seemingly insurmountable problems often linked to very traumatic past events. His specialty is releasing that fear and trapped potential and unleashing the true power of his clients. Reconnecting them with their true Inner Power.

Sessions with Trevor are highly transformative. He teaches clients how to combine energy balancing and powerful breath techniques to achieve calm and peak performance.

## **Trevor's Background**

Trevor was a successful International Business Consultant for 8 years. He advised blue-chip companies including Oracle, AIG, IBM, EDS, Citibank, Microsoft, NHS, Sky, and Local Government

## **Trevor's Story**

In 1995 after a breakdown Trevor suffered a massive loss of confidence. Almost a recluse Trevor was just about ready to give up when he found a free breakthrough NLP event. Just in the nick of time. The techniques and coaching he received helped massively to turn his life around. From having nothing he formed two companies and in the first year turned over £60,000, rebuilt his family relationships, quit his addictions and recovered his health.

Trevor insists NLP is incredibly effective if used in the right way and you are fully committed to change.

**"Anything is Possible! There is Magic & Opportunity every day!"**

Realising he could help others from his story he became a master coach at the NLP breakthrough event that had saved his life. Trevor has over 10 years experience of therapeutic and coaching skills.

### Certifications

- Certified Master Practitioner of NLP & Time Line Therapy
- Certified and Registered Master Hypnotherapist
- Certified ANLP NLP Trainer
- Hawaiian Huna Homana
- New Insights Coach
- Psychology of Vision Graduate
- Reiki level 3
- Taichi Teacher and Chi Gung exponent

To book a Free No Obligation Consultation with Trevor (Places are limited on his coaching programs.)

Contact him using the contact form.  
at [www.innerzest.co.uk](http://www.innerzest.co.uk)

Contact by phone 0845 2575078

Trevor is the Director of Inner Zest International Ltd

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Certified by BBNLP and ANLP, American Board of  
Hypnotherapy, Coaching Academy, New Insights Coaching

