

# Aaron Hairston



Aaron is a motivational expert who teaches people how to eliminate distractions that impede success. He combines his background as a professional athlete, coach and energetic personality to create engaging experiences for his audiences.

His programs provide concrete information and practical solutions. He has a proven record of enhancing productivity and employee retention.

From schools and non-profit organizations to corporations and Minor League Sports Teams, Aaron has worked with the world's best to identify and implement solutions for organizations and individuals.

Clients can expect to achieve personalized goal attainment, increased job satisfaction, and a refreshed drive to succeed.

**LET'S WORK TOGETHER!**



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**HIGHLIGHTED  
SPEAKING  
ENGAGEMENTS**

**Connecticut  
State Dental  
Association**

**FITNESS  
AMERICA**

**Isagenix  
International**

**ANTHEM BLUE  
CROSS BLUE  
SHIELD**

## SIGNATURE TOPICS

- ✓ Leadership Cultivation
- ✓ Effective Communication
- ✓ Creating Effective Corporate Culture
- ✓ Work-Life Integration
- ✓ Team Building
- ✓ Individual and Workplace Wellness

 **15.9K**  
Facebook Followers

 **26K**  
LinkedIn Followers

 **5K**  
email subscribers

# COMPLETE SPEAKER'S BIO

## **Professional Athlete:**

Arena Football - New England Surge - as Captain

2 Time All National BodyBuilding Champion (Musclemania)

**Coaching:** • Head Coach for 2 time League Champions (Semi-Pro League Football) - New England Football League

Personal Trainer/Nutrition Specialist - HairstonFamilyFitness.com

Certified Culture Creation Specialist - Growth-U

Business coaching - Improving Staff Development, and Employee Performance

Build and Burn Workplace Wellness Program - Rocky Hill Public Schools

Life coaching for youth and young adult's globally (Group and Individual)

Leadership Trainer for Isagenix International LLC - Health and Wellness Company.

## **Past Speaking Engagements:**

CSDA Annual Charter Oak Dental meeting - Business leadership Training, Business Communication, and Workplace Wellness courses.

New Year Kick off Keynote - Harvard Pilgrim Insurance

International Keynote Speaker - Isagenix International, Grand Opening - London, England

CTHOBY Keynote Speaker - Youth program designed for aspiring students in the State of Connecticut.

Prepare for the Fall Event - Leadership and Time Management course for Anthem Blue Cross and Blue Shield

Work/Life Balance Course - City of New Britain

Guest Speaker and leadership coach - Local high schools and youth programs in Connecticut

New Britain Town Hall - Time Management Course, Stress Management, Effective Communication

New London High School - Keynote • Emmitt O'Brian - Leadership Course

Lead Trainer for Isagenix International Convention Attendance:10,000+ (San Diego, CA),

Corporate National Training event Attendance:1000+( Minneapolis, MN), Super Saturday Attendance:500+ (Denver, Colorado), (New York, NY), and Boston, MA)

Show Host - Fitness Universe New England (Las Vegas, NV), Fitness America (Miami, FL)

# WORKSHOP DESCRIPTIONS

## **Tale of the Scale (Life and Work Balance)**

Turn off your phone! When are you coming home? I need a vacation! I miss my family! Do these phrases consume your world? What if you could create a life of balance without sacrificing results? Would you like to create an environment for your team to be present at work?

This course is designed to teach you how to create long lasting balance and an environment to encourage growth and development for everyone involved.

### Skills Acquired:

- Prioritize tasks for a productive life
- Implement techniques to Develop and Fuel Relationships to create leverage
- Create a Never Miss a Moment schedule
- Master the art of creating an identity that provides balance to becoming your best

Recommended Audience: All

## **Guide Your Ship (Executive Coaching)**

Is your SHIP going in the right direction? Learning to set your sails to leverage the wind is key to winning in your business. This is a High Energy and effective approach to developing leadership. You will learn how to create a Championship Crew and land on your destination!

Many times in business we focus more on the "What" and the "How" and lose track of "Why". This course is designed to provide you with the skills needed to leverage the value of your business and create direction that every team member can feel a part of.

# WORKSHOP DESCRIPTIONS

## Skills Acquired:

- Develop effective Leadership Communication
- Learn and implement the Communication Hierarchy
- Create an evolving vision for the team, to elevate productivity.
- Implement leadership characteristics such as (Culture, Problem Solving, and Vision)
- Effectively hire, develop, and grow a winning team
- Organize and lead dynamic team meetings and trainings
- Develop tracking to measure progress

Recommended Audience: Executive Leadership

## **Prevent Decay (Workplace Wellness)**

We all understand the importance of a healthy mouth, but how healthy is your office? Developing a plan and creating a healthy environment for your team is a great way to improve performance. Health and wellness is rapidly evolving, and this course is designed to teach you how to make healthy habits for longevity in the workplace.

## Skills Acquired:

- Develop a method of measuring, and tracking the progress of your office
- Identify the toxins in the workplace and DETOX
- Learn what is T.D.O.S, and why is it so dangerous
- Provide incentives to encourage healthy habits and boost productivity.
- Develop alternative methods for channeling stress and use it to your advantage
- Motivate the team to stay on track to accomplish goals and grow
- Implement new problem solving techniques and create programs that foster success
- Implement health and wellness challenges throughout the year with very little cost

Recommended Audience: All