



Rehana Shaikh

Province: Kwa Zulu Natal
Town: Durban

Telephone: +27 315771198
Mobile: +27 82 8729388

Email : rehanas@webmail.co.za

TRE Qualifications: TRE Practitioner Level i

Other Qualifications:

- Bachelor of Social Sciences
- Higher Diploma in Education (specialist Pre-primary)
- Nutritional Consulting

Comments:

TRE has had a significant impact on my personal growth and has inspired me to share the immense benefits of this work with others. It is an honour to be a part of a process so valuable that promotes self-confidence and empowers people to be in control of their personal growth.

I have been employed in the education and training sector for many years. My various experiences in the field have developed my passion to work with people and to appreciate that we are all uniquely special and extra-ordinary individuals. I hope to build on my work in nutritional education together with TRE to enable people to make conscious and educated choices in improving their personal well-being.