



134 Ways to Become a Fantastic Trainer: Tips for Understand Clients Wants and Needs

By Gail Cassidy

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.To stay competitive, gyms and training facilities have to provide not only great customer satisfaction but also ways to enhance customer excitement. When people improve physically, they usually also improve mentally. If, however, they are not validated, not listened to, not heard, not made to feel important, they can easily check out of your facility and go down the street to another work-out site. The basics of human nature override almost everything else. This book lists 134 Tips covering the basics of dealing with people. Each tip is a timeless recommendation, has been around for years, and can be found in almost every book that teaches the basics of human nature. Tips on the importance of good attitude can be summarized in Tip #20, Know that trainees mirror you. They reflect what they see, hear, and feel from you. Show participants through your own example what fun having a great attitude is! These Tips also encompass the areas of communication, self-esteem, discipline, as well as a section on Tips for Management, Tips for All Staff, and Worthy quotes....



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