

Job Description for Trainers and Instructors

Tasks, Motivation and Expectations

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Content – or my questions!

- What do potential trainers and instructors need?
- What do they have to do?

- Which tasks have trainers and instructors?
- Which are the trainers' expectations?

- Job Advertisement and Poster

What do potential trainers and instructors need?

Skills, Competences and Knowledge:

- Social competences, like
 - ✓ Ability to communicate – open mind, willing to have talks, active listening, create a positive atmosphere
 - ✓ Positive idea of man – appreciation, understanding, fairness, helpfulness, empathy, security
 - ✓ Constructive handling with conflicts
 - ✓ Ability to handle diversity
 - ✓ Role model – inspiring and motivating
- Expertise (Fachkompetenz)
- Idealism

Which tasks have trainers and instructors?

= Expectations of clubs

The trainer has to

- Achieve expertise by education measures.
- motivate participants to be active lifelong.
- impart fun and well-being.
- Instruct the participants in the right way and on the appropriate level – neither underchallenge nor overburden.
- Create a binding among the participants.
- Communicate to the head of department of the club or to the board.

What are the trainers' expectations?

= Expectations of the trainers

The trainer wants to

- have responsibility and self realisation.
- get acceptance and esteem of the participants, of the responsibilities of the club and the public.
- get support for further education, new development and equipment.
- get appreciation and gratitude (with a party or a celebration)
- get a small allowance

Job Advertisement

Sought-after: Trainer /Instructor **in the field of Fitness and Health**

Your tasks:

- Instructing of a training group 90 min/weekly.
- Motivating the participants to an active lifestyle.
- Initialising and supporting of binding and social contacts.

You are:

- open minded, curious and positive.
- looking for new challenges.
- motivating and supporting.
- able to arrange your free time in a wise/meaningful way.
- eager to learn something new
- and you want to stay fit and healthy.

Job Advertisement

Sought after: Trainer /Instructor in the field of Fitness and Health

We offer:

- Social acceptance and appreciation
- Familiar atmosphere and activities in a network
- Responsibility and self realisation
- Lifelong learning - further education and further development
- A small allowance

Interested?

Call Pia Pauly

Poster

Social Talents are sought-after!

You

- ✓ are open minded, curious and communicative ?
- ✓ want to engage yourself in a social field and to spend your free time in a social network ?
- ✓ Want to learn something new ?
- ✓ want to stay fit and healthy ?

Then

You have to be a trainer/instructor in the field of fitness and health

Interested? Call Pia Pauly,