

Characteristics of a Good Trainer

Knowledgeable

In order to train others you must have a comprehensive grasp of the topics that you are attempting to introduce or develop in others.

You must be knowledgeable of different methods of presenting information as you will be working with very different types of “students” and will need to adjust your presentations accordingly

Humble

Few people like an arrogant know-it-all, and if your clinic members do not like you, it will be difficult to gain their respect. Let your actions speak for you. In other words, you should not need to tell your group how wonderful you are, this should be apparent by the way you conduct yourself and how you relate to the group.

As trainers we try not to make mistakes, and we hope that we are always right. However, we are not perfect and we will be wrong on occasion. In these cases it is important that we admit our mistakes, and try to learn from them. Trying to cover up an error is a sure fire way to loose the respect of your trainees, but admitting a fault and trying to learn from it is a great example to them.

We are not perfect and we do not know everything!

Flexible

The most meticulously prepared clinics are the most prone to failure. Why? Because you cannot always predict how groups will react to you and to your presentation, because you cannot always predict who will actually show up for your clinics, because you cannot always predict what the weather or snow conditions will be for your clinic, and you cannot always predict how much time you will have to present your clinic.

As a clinician we need to be flexible and versatile in order to be as effective as possible in any situation.

Able

If you are going to talk the talk, you should be able to walk the walk. You do not have to be the best athlete on the mountain, but you had better be pretty darn good! While being a great rider by itself does not make you a great trainer, being a weak rider sure makes it difficult to gain respect. Not impossible, but certainly difficult.

Tactful

Giving feedback is a vital part of training. It is important that as trainers we are able to give feedback in a constructive and positive manner. Often we are required to tell people things about their abilities that they do not want to hear. This is especially difficult when dealing with other instructors as they tend to think that they know what they are doing and it can be very difficult for them to accept otherwise. Giving negative feedback in a positive way is truly an art, and one that takes time to develop.

Teachable

Trainers need to be receptive to new ideas and concepts, and willing to learn new and different things. As soon as we think we know it all, we begin to stagnate and lose our effectiveness as a teacher.

“The more you learn, the more you realize how much more there is to know”

Learning never stops and trainers should be able to learn from everybody, even those with less experience and ability than themselves.

Punctual/Presentable

Trainers should lead by example. First in, last out, and best dressed.

We employ many forms of communication when we train, and our punctuality and how presentable we are send clear messages to those we train.