

There will be students who are struggling to grasp the skills or concept or are unmotivated, teachers must always be level-headed. It is vital that teachers develop strategies for coping with stressful and challenging situation. In other words the teacher needs to have patients. Being patient allows you as a teacher to build a good rapport with a student and make yourself more approachable, for that being level-headed with your students, shows the students that you do care for them and understand them. A good way for a teacher to stay calm and patient is taking in deeper breathes and a good way to develop strategies on how to stay calm, quiet and listen is watching a movie that has many conflict (a movie that makes you respond to the situation as a viewer) and stay quiet and listen to the whole movie without saying a word but analyse the situation. If you as a teacher is not patient, then your students could feel uncomfortable in your lessons because they were not able to catch up with your speed when teaching to the whole class; then they would feel left behind and they could feel that their presence is unimportant. Eventually, at the end of the lesson the students who did not understand the lesson won't confide in you because they would think that the student would be bothering you and look down on them because they are slow. In the end your students won't have learnt anything from your lessons and the overall class grade will go down.

A teachers who understands their student's way of motivation and the anxieties can allow a leader to build a relationship. In order for a teacher to achieve this they would have to be friendly and easy to talk to, in other words a teacher needs to be approachable. It will allow the students to discuss their problems, as a teacher will enable you to help them in any way you can. A teacher who always smiles and is friendly, and who is also a very good listener makes a teacher approachable. For instance, if a teacher is: open, smiles a lot, enjoys their job, is knowledgeable and their behaviours somewhat on the same level as their students, it would provoke the students to think that whatever issue the student would discuss with that teacher; the students would think that their teachers would understand them. If a teacher does not understand their students then, you as a teacher will not be able to understand the ways on how to motivate your students and ways on how to get over their anxieties and get them to participate in your lessons.

Consistence is a necessary skill for a teacher, this is where they are; acting or do thing in the same way over time, and stay firm on their own actions, for either when they are; discipline their students or awarding their students. This is important as for a teacher because it promotes fairness and ensures that the students feels equal and valued. Consistence can be shown when a teacher delivers their instructions to their students; which is where a teacher must stay consistent with their instructions, otherwise their students will become confused, and the teacher will not be able to execute their activity accurate enough and their teaching aim will not be completed. If a teacher is not consistent, then it could create problems within your students because you could be treating a student more favourable than others, and cause unfairness, because one student is more valued then another.

A teacher who behaves in a way that is inspirational, which will become a benchmark for her/his students to aspire to, is someone who is a role model. Teachers who are role models to their students is an essential skill that is needed when working with children as they imitate the conduct of their teacher. This is important for a teacher for that, a teachers behaviour and the way that they teach their students; either teaching their students social skills – for that it will teach the students how to, interrogate with team members, physical skill - for that it will teach the students how to, maintain a healthy lifestyle through exercise or even personal skill - for that it will teach the students how to, demonstrate life skills such as manners and punctuality. If a teacher does not portray themselves as a role model towards their students, then your students would not know how to behave within your class or in society in general, this is because if you were to work for children (for instance), they would like to mimic on everything you do, for an example, if you were to swear in every sentence whenever you spoke then the children would do the same because they think it is ok.

Commitment is where someone that who are 100% dedicated to support their students. A teacher who is committed not only to their job but to their students as well, it shows to his/her students that they can rely on their teacher because they will do the best as they can to support them, for that they know that their teachers are 100% committed. Teachers can show tier commitment by simple acts such as being on time for the lessons, early starts for teaching and organised handouts (worksheets). If a teacher is not committed, it would show to the students they are not being heard and considered and eventually lose their respect for you as a teacher.

A teacher who acts in a manner to promote the right from the wrong, defines the rules and regulations that a student must follow within a classroom. In other words a teacher who promotes and ethical and having integrity. A teacher who promotes the right from the wrong, ensures the students to behave appropriately at all times within their teachers lessons. if a teacher does not promote the right from the wrong, then the students would not understand the wrong behaviour within a class and end up disturbing your lessons.

A teacher who leads by example which consist of demonstration of their expectation. Is important, because it means that you are guiding them on how to do the things that are expected of the student. A teacher can apply this skill when they are demonstrating how to hold a racket for an example. In other words teachers use this skill when they are demonstrating a new skill to his/her students. If a teacher does not lead by example, then you are not able to anticipate what your students may do during a lesson, and end up disrupting the class.

The important skills needed to be a good teacher:

it will make it difficult to carry out your training sessions plans and gain your client(s) trust. And then eventually lose your client(s).

Secondly, when a personal trainer is a good motivator, it means that you push your client(s) to keep going without hesitations or to many breaks that could affect their client(s) personal fitness goal. When your client(s) is being driven by the personal trainer to keep going, you would keep your client(s) stay focused on completing the training session without having you the personal trainer being up your client(s) throat to keep going but get positive feedback (which naturally comes when you are trying to motivate your client(s)). Which eventually build and drive your client(s) to strive forward and completing the training sessions.

Thirdly, having good organisational skills as a personal trainer, will allow your training sessions to run smoothly without any sort of delays or confusion. This is because when you are organised especially for a personal trainer it will give you a focus and directs you what your client(s) need and want. For instance, being a personal trainer you need to know your client(s) fill out a questionnaire concerning their healthy lifestyle (including diet, sleep hours, working hours, type of work, fluids etc.) to ensure that you are making a safe training programme that could affect their health. For an example, if your client(s) has asthma then you need to be gently on the cardio exercises and that you don't over work your client(s) to trigger an asthma attack. So being thorough and organised can prevent any sort of injury or health risks that could possible take your licence as a personal trainer away.

The Psychological Factors

External physiological factors

Team cohesion is the degree to which individual members want to contribute to the group's ability to continue as a functioning work unit. Members of cohesive teams have emotional and social bonds that link them to one another and to the group as a whole. Team cohesion can be split into 2 forms and as a personal trainer they need to have a strong social cohesion - is when a group works together through mutual respect for one another and often very simply because members enjoy each other's company. Personal trainers need to have a strong social cohesion in order to be respected and create a good relationship with their clients, because the clients will also respect you back, which prevents any sort of conflict from occurring. As a personal trainer social cohesion within a class means you are able to respect people despite their age, gender, disability, etc. and create a bonding of understanding and mutual respect with one another, this allows you as a personal trainer to get along with people on a positively. This allows the clients to approach their personal trainer, without feeling judged; making them feel comfortable to approach their personal trainer to confine in their trainer. The positive thing about social cohesion is that you are

of participating; this is known as being intrinsically motivated. However many activities offer rewards, these are extrinsic motivation; these rewards may be physical or psychological, for example: financial compensation for time or success, rewards such as medals and trophies or perceived admiration from peers and onlookers. Being motivated as a personal trainer will mean that you are driven and focused to carry out your role with your best effort. This means that your client's can trust you to carry out your role as their personal trainer. The positive thing about being motivated is that it gives you a focus on achieving your role, however not being motivated as a personal trainer would mean that you could lose your focus or even your purpose. You can improve your motivation by setting yourself small goals that you want to achieve as a personal trainer and push yourself to become more competitive, in order to carry out your role.

Confidence is the belief that you can be successful at performing an activity. This could be any activity from weight lifting, scoring a goal in football or climbing a rock face. A lack of confidence will affect motivation, increase anxiety and reduce the level at which an individual can expect to perform. This is sometimes known as a self-fulfilling prophecy. Having confidence as a personal trainer would give you the courage to be successful. Being confident as a personal trainer means that your client can trust you as a manager and carry out your role with effort. Being confident as a personal trainer gives you the strength and the courage to become successful despite the struggles, however being too confident can also make you become arrogant and make it difficult to work with your client, which can affect your role. Although not being confident at all can also make it difficult for you to display your success. As a personal trainer you can improve your confidence by increasing your knowledge because knowing what to do about a complex issue or problem can help you gain confidence. Confidence grows when you act on what you know.

Internal psychological factors

Attribution theory is where people have a theory which supposes that people attempt to understand the behaviour of others by attributing feelings, beliefs, and intentions to them. And self-confidence is where one has a feeling of trust in their abilities, qualities, and judgement. As a personal trainer you would tend to use attribution theory and self-confidence when judging your clients overall behaviour, in order to give you a greater understanding on how to deal and work around your clients to achieve the goal you would have set for your class. When a personal trainer uses their attribution theory it shows that the personal trainer understands their clients and is paying attention to them, as a result it displays to the client that their personal trainer care for them and eventually trusting their trainer. However, if your self-confidence is too high it can create a misunderstanding, which can disrupt your relationship with your client. You can improve this by judging your beliefs on solid facts, so that it would prevent you from behaving in a certain way because you thought that you judged that person right.

Past experiences is ones history of their success which may alter one or contribute to one's knowledge, opinions, or skills. As you grow as a personal trainer you will gain experience from your failures and successes, on how to improve and develop yourself as a personal trainer. Your past experience will become your tips and guidelines on how to become a better and a good personal trainer. Having past experience will help you allot as a personal trainer for that you can use your past as a reference to help you with your difficulties or even help provide new ideas you need to contribute. You can use your past experience to make important decisions. Your past experience can prevent your client's from getting injured, because you may have experience the cause of some injuries therefore you would obviously prevent that from happening. Your past experience can also allow you to find the most effective way to plan your training program to fit with your client or use a similar training program from the past. The positive thing about using your past experience is that you can use it as a reference for your current situation in your role. Although the negative about it is that can restrict you to do some things, that will make your role easier but you would not do it because of the possible consequences.

The behaviour of an individual can attributed either to their own personality or to external factors. Our normal behaviour is how our personality is perceived, i.e. whether we are naturally grumpy, happy, or excitable. Your behaviour can play out a factor on how effective your training program can carry on. Because your personality can affect how you would motivate your client to keep going with the training program. This is because not everyone can accept your personality, which makes it harder for you to work with them. The good thing about having a positive behaviour is that people may find it easier to work with you, although it can also make some of your clients uncomfortable because they may not understand if you are truly sincere with your work; making them to be a little more hesitant to work with you as a personal trainer because you may not be well. In an affect it would make them feel guilty if something would to happen to you, rather than being happy with your result, because your client may be a considerate person. You can improve your behaviour as a personal trainer by trying to be positive in what you do and try to express yourself so that your clients and co-workers can understand you. This will prevent any sort of misunderstanding to occur.

Forms of leadership

Transformational leadership is defined as a leadership approach that causes change in individuals and social systems. In its ideal form, it creates valuable and positive change in the followers with the end goal of developing followers into leaders. There are 4 components to transformational leadership and personal trainers tend to be more of idealised influence – leading by example and as a role model is fundamental to this type of leadership. Trust and respect are encouraged by positive examples. This sort of leadership means that you are motivating your client's through positivity, so that your client can achieve their original goals. As a personal trainer this role of leadership is important to keep

Understanding the mental needs of participants is important as a manager for that is part of their duty; to be responsible of their clients mentally and physical well-being. When we refer to mental need we mean; the level of the persons psychological well-being (or an absence of mental illness). It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". For instance, a person could be a slow leaner so they need extra support on the thing they need help with. It could also be someone who is generally upset and you as a manager should understand them and give them space or encourage them to try their best and not end up pressuring them to ensure that they will perform their best. If a manager does not understand the mental needs for their client(s), then you as a manager can end up pressuring your client(s) without noticing the cause, and end up pressuring them more, and eventually causing damage to your client(s) health and performance.

Being positive in the work you do as a manager could influence your client to do the same. Being positive is where the manager is consistent in or characterized by the presence rather than the absence of distinguishing features, in other words staying optimistic about things, rather than being discouraged about the negativity. Generally when people stay positive their outputting positive energy so whatever you output into your work will reflect your mood; either being positive or negative (in physiological terms). Not only does being positive shows that you're optimistic but it is also a sign of strength; that nothing can bring you down despite any sort of failures. Therefore being positive can influence your client to making positive attitude as a strength. If a manager does not stay positive it could influence your client's mood to be negative and eventually affect their performance, because they could be not in the mood to do their sport because they are not feeling positive.

The characteristics needed to become a good and successful teacher are:

As a manager being goal orientated is one of your vital skills that is part of your job. Being goal orientated is where you set an aim to achieve set goal that has to be meet, which is then broken down into targets; allow you as a manager to be organised and focused on the set targets that has to be meet in order to achieve the goal. This skill is usually used when a manager is help organise and support their clients (athletes) aspire to their goal on being the top of their sport and managers also provide and guide their clients to the best and affordable facilities that they can use (afford). In order to do this the manager themselves have to organise themselves to set targets for their clients to get them to the top of their sport. Alongside to that the manager has to sort out the business side of their client's sport, so they themselves has to set the targets and requirements of their goal. If both targets are not meet then you as a manager won't meet your goal and duty and your client won't make it to the top either. For an example, if your client wants to make to the Olympics then they have to qualify for the national team and you as manager have to sort out all the paper work, travel arrangements, visa, accommodation and finance if any of those requirements are not meet for that target (the national qualifier), then your clients will not be able to

trusted or reliable. As a manager who works with athletes you can improve your self-esteem by not comparing yourself to others and don't strive for perfection for that your role as a manager cannot be perfect for that there are always factors that will affect your planned conclusion.

Forms of leadership

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Transactional leadership focuses on supervision, organization and performance; transactional leadership is a style of leadership in which leaders promote compliance by followers through both rewards and punishments. As a manager your form of leadership is transactional because you are supervising your client's when they are performing or in front of the public world, whilst protecting their privacy. As well as organising their activities for the day. As a manager you must be a transactional leader because you oversee your client's performance as a whole and is responsible for both motivation and discipline, but for you to do that as a manager you must supervise your client's. Being a transactional leader means that you're your client's are learning new knowledge and are focused on their tasks. The positive thing about being a transactional leader as a manager is that your role is being carried out and your client's are focused and motivated, to achieve their goals and inspirations through by getting rewards, for that the rewards and punishments are clearly defined, therefore your client's will know what they would need to work on and what they have achieved. However, some client's may find it a burden and are not motivated at all to achieve their goals because they don't get any sort of rewards for their achievements, therefore they would considerate as a punishment.