

training news

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advanced pt skills from the tonic

Personal training company The Tonic has launched the Tonic Advanced Personal Trainer Skills Course, aimed at providing personal trainers with advanced knowledge and the skills to deliver a quality service and increase their client base.

The three-day course will cover coaching skills and motivating strategies to help clients formulate easily achievable goals, injury screening, strategies to develop quality relationships with clients and how to apply the Alexander technique to running as well as give advice on how to further develop exercise design and teaching skills.

Tonic director Neal Chamberlain says: "We found that many budding trainers were discouraged from advancing their careers because they didn't understand how to make the jump from employed fitness instructor to self-employed personal trainer. So we designed this course to fill the gaps and help raise the standard of personal trainers."

