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What competences should a good trainer have?

A trainer should be empathetic, i.e. know how to put himself in the other person's shoes. Even as a professional in his or her field, he or she is able to speak in such a way that he or she is able to reach both those already familiar with the subject matter and amateurs. A good trainer cares about passing on knowledge effectively. He or she is committed to what he or she says and does because he or she needs to be authentic in his or her work. Relationship qualities are also important - it is sometimes said that in this job, listening to what others say is more important than speaking. However, to be able to influence others, a coach needs to know himself well. A good trainer tries to constantly change, to develop his or her personality, to observe himself or herself and others.

A trainer is always working with others and therefore has highly developed social skills. These are the most important professional competences of a trainer to reach an audience. Interpersonal skills that are particularly useful in a trainer's work include the ability to relate quickly to others and to speak in such a way that one is listened to. The trainer is in control of his or her non-verbal reflexes, i.e. knows how to use body language. On top of this, he or she is able to cooperate in a group, influence others and adapt quickly to new company.

These skills are the focus of our Erasmus+ Proc95trainer project.

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