

Skills and interests (health trainer)

Find out more about the particular skills and interests needed by health trainers.

As a health trainer, you'll have knowledge of, and an interest in things that help people to stay healthy and you'll enjoy working closely with people.

health trainer

As a health trainer, you'll be able to work both independently and as part of a team.

Examples of some of the particular skills and qualities you'll need as a health trainer include:

- good verbal and written communication skills
- active listening skills
- empathy, respect, tact, and a non-judgemental, persuasive, reassuring approach
- positivity and a supportive and motivating approach
- respect for client confidentiality
- knowledge of your own limitations, when to ask for support, and when to refer a client to other specialist services or professionals
- good time-management and planning skills
- ability to work both independently and as part of a team
- IT and keyboard skills

Health Trainers have skills and knowledge primarily at level 4 of the [Skills for Health Career Framework](#) ^[1].

You might also find it helpful to take a look at our [career planning section](#) ^[2] to think more about what skills and qualities you have to offer.

Partner logos

Local Government Association ^[3]

Royal Society for Public Health ^[4]

Links

[1]

http://www.skillsforhealth.org.uk/index.php?option=com_mtree&task=att_download&link_id=163&cf_i

[2] <https://www.healthcareers.nhs.uk/career-planning> [3] <http://www.local.gov.uk/> [4]

<https://www.rsph.org.uk/>