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.

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**

[3]

[4]

**Source URL:** https://www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/health-trainer/skills-and-interests-health-trainer

**Links**