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The relation between the sports trainer development and the machine development

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In the last period I have noticed that most of the clubs depend on machines more than humans that happen because the trainer doesn't want to develop himself or his work, and he doesn't want to work harder. When it comes to the machines, it can work for a long hours without any problem, but it doesn't develop itself as a mindset, it follows instructions which we set up before, and as a trainers the question for us is, do we develop our selves enough. Let me give an example: 10 years ago, the trainer was thinking, was working, was giving new ideas, and he was developing himself. When the trainer stopped developing himself, machine and mobile developed quickly, and people depend on mobile in gym training more than the gym couch. We don't need to stop developing our skills, because gyms are depending now completely on mobile and computers only, because the trainees can use the technology on their own. So they don't depend on us or music any more. I made an experiment on three different people, the first one, I played music for him only, but he tired so fast, and the second one I played music and gave him a motivational speech, he started to work a bit harder. Due to my speech to the third one, I gave him a motivational speech only, and I separate that kind into two different types, one of the I used to use a high voice with him, but he got annoyed, and the other type I used to use variety types of voice, there is one question here, is the tune of voice very important? Yes, it is, because you will make the trainee feel that you will benefit him through my motivational words which affect his effort. The most important part is a motivation to training, and a professional trainer, I have to make the trainee on fire. I have to back to light again, we all took workshops, but we should develop ourself in our field. You as a gym trainer, you can't say that I can depend on YouTube during the training; we have to work hard, because if we don't work hard on developing our skills, we will lose our jobs. I hope that I delivered my message clearly, and on another side, we have to care of human developing courses, to grow the sense of humor between us and our trainees. The last but not list, we should control a tools, sorry no tool can't control me either a trainee, I work for money, so I won't lose my job, because I didn't do what I have to do in front of tools such as smartphones, because most of people went towards mobile and its apps, and get their information through it. Finally, on one day you became past because you didn't develop yourself, there is a huge growing technology development that we have to follow as a humans, to avoid losing our chances in front of some mobiles, and we should lead that process to restore our role again, and control both of the tool or our clients. We as a humans are more important than any other tools or technology, because we made that technology, and we don't want it to bet us. Thank you for listing, and have a wonderful day.

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