



The Importance of Emotional Intelligence for Building Relationships and How It Specifically Applies to Health and Fitness Practitioners

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Abstract

Within the world of athletic performance, the ability to build genuine trusting relationships with athletes can be a crucial skill for the sporting coach. This is much the same for professionals applying their own trade privately or within a team environment. Be it as a personal trainer, a dietician, a physiotherapist etc., the importance of being able to build relationships with clientele and(or) athletes is a vital skill for both producing long-term results with our clientele and also for enabling ourselves as practitioners to sustain a fruitful and sustainable career in our respective fields. Within this presentation, emotional intelligence (EI) will be discussed with three main themes in mind: (i) How EI can further enhance our own capabilities as practitioners; (ii) How EI can be used to help practitioners ensure that they can sustain a career in the world of health and fitness long-term; and (iii) How EI can be trained and developed in individuals. At the end of this presentation, it should be clear to the listener that EI is a quality that can be developed that represents a real, tangible return for practitioners who take the time to understand their own EI and develop it further.

Biography

Ian Foster is a postgraduate research student enrolled with Cardiff Metropolitan University. Following the completion of his BSc in Strength and Conditioning and his variety of coaching experiences in the years during that time and afterwards, he realised that he needed to greatly improve his coaching skills, particularly my communication and relationship-building. This passion and need to further develop his skill set led him down the avenue of emotional intelligence and its role in coaching. He is particularly interested in how emotional intelligence can help us build stronger relationships and further earn the trust of others so that we may apply our knowledge as practitioners. He currently work as a personal trainer in Greystones, Ireland and pursuing his goal of becoming a mediocre weightlifter.



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