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Joakim Eriksson



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Personal Trainer Manual Mitchell Sudy, 1991 **The Trainer's Handbook** Karen Lawson, 2015-12-14 A ready-to-use toolkit for delivering high-value training in any scenario, The Trainer's Handbook is a comprehensive manual for designing, developing, and delivering effective and engaging training. Based on the feedback of workshop participants, readers, and instructors, this new third edition has been expanded to provide guidance toward new technologies, leadership training, distance learning, blended learning, and other increasingly common issues, with new case studies for each chapter. A systematic approach to training breaks the book into five parts that separately target analysis, design, development, delivery, and evaluation, giving you a comprehensive reference designed for quick look-up and easy navigation. New inventories, worksheets, job aids, checklists, activities, samples, and templates help you bring new ideas into the classroom, and updated instructor guides help you seamlessly integrate new and established methods and techniques. Training is increasingly

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