

Supporting Your Clients' Emotional Needs

Exercise professionals help clients with more than just physical health. How can we support their mental health while looking after our own emotions too?



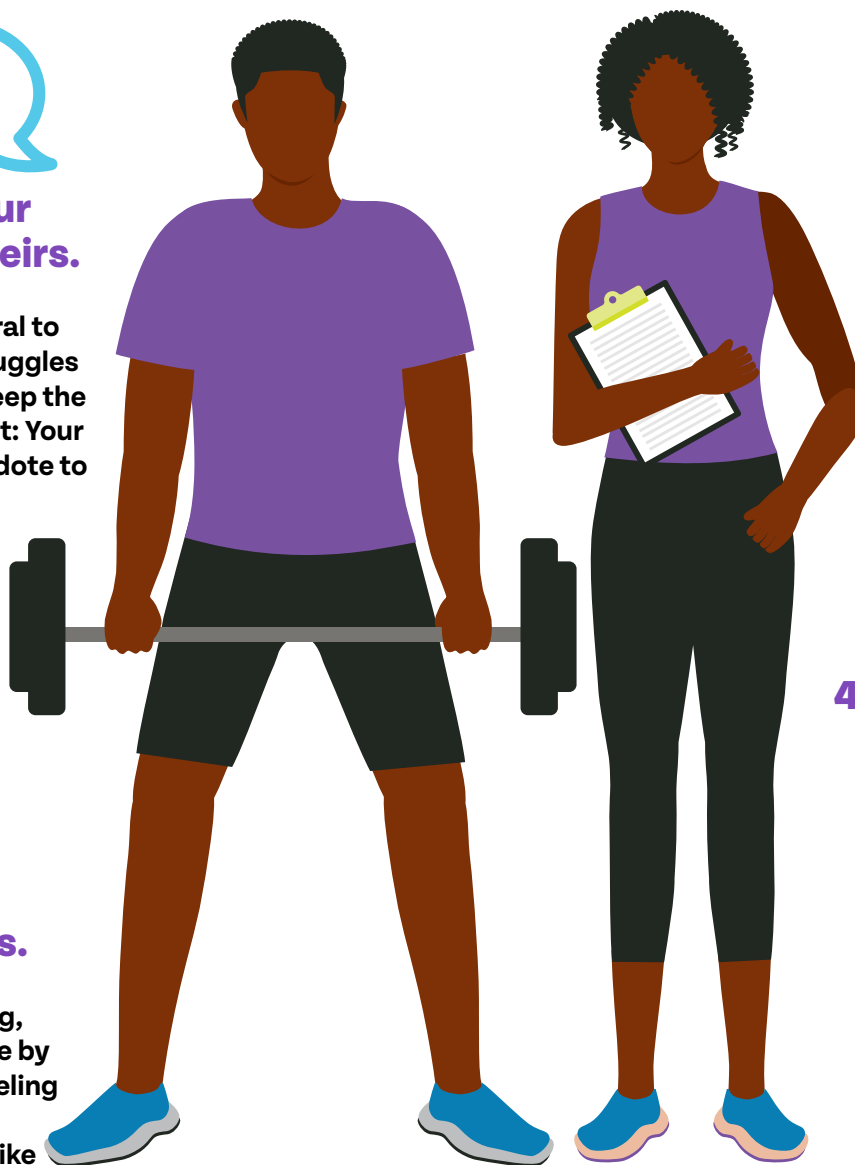
1. Don't mix your story with theirs.

When someone's suffering, it's natural to think of similar struggles of your own. But keep the focus on your client: Your story isn't the antidote to their pain.



2. Make a guess.

When you sense something is wrong, taking the initiative by asking "Are you feeling disappointed?" or saying "It sounds like you're feeling anxious" gives your client a chance to respond, name their feelings and share what they are experiencing.



3. Ask what they need.

Your client has ideas and experiences to draw from; encourage their ideas and their capability to find a resolution if there is one, instead of immediately offering solutions of your own.



4. Let go.

Remember that while you can be supportive, it's not your responsibility to "fix" things for your client. When your time with your client is over, step away, take a breath and find whatever you need to reconnect with your work so you can be fully present for your next client.