

RHOLDA SPENCER

'your everyday superwoman'

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CONFIDENT, UNIQUE, ENTHUSIASTIC

QUESTIONS FOR THOUGHT

How is it that you are able to shake the 'corporate trainer' stereotype?

Again my personality plays a part. There are so many horror stories out there about gym trainers. Do they care about you as the client and your goals? Or do they care about getting that almighty sale and to hell with you after. Well sorry, I don't fit that stereotype. My goals are to stay focused on my clients and for them to achieve their goals. I'm honest from day 1 with my clients. My credibility is important. I want, when people come to see me, they've heard positive and great things about me.

What aspect of training do you find most difficult when it comes to keeping your own self in shape? And do incorporate this into your teaching of others?

Personally, being a Mum and working full time as a personal trainer, CONSISTENCY is most difficult when it comes to the bottom line of keeping in shape. I train from 9am to 10pm for 4 nights a week and my schedule is 6 days. So it's hard to find time. But the one thing about me is that I don't like to make excuses, so I find time always to workout. I train at 6am so that I get my workouts in.

So, I say to my clients, make that time, because again if you're a Mum and wife you find the time to take care of everyone else and we're always the last. Even if it's 30mins, I stress to my clients, make that time!! Schedule your day, write out your day in a day planner and find that time!!

The most important thing people should know about working out?

I think the most important thing people should know about working out is FORM. People need to know how to workout correctly, using the proper form and technique. I think when you do know how to perform exercises correctly, you are preventing yourself from getting injured down the long road.

Do you see yourself training in 5 years?

I DO!! I'm driven by what I do and I love what I do. If I didn't love it I wouldn't be in it! I see myself in so many different areas of fitness, because I love it that much. I'm still daydreaming about which path I'm going to take, either running my own business, nutrition or sports psychology. But as for right now, I'm a personal trainer. But those are the areas that I see myself mostly down the road.

There are certain memories, occasions, or success stories that tend to mold us and ignite the passion for our career. What is the one you hold dear?

I think the success story that I hold dear is behind the reason I became a personal trainer. After I had my second child I weighed in at 215lbs. I was fit my entire life, playing sports in high school. But this was the worst I saw myself. So I started working out 3 months after my baby was born. I didn't see results right away, but I never wavered and never gave up. I worked out 5 days a week on my own incorporating cardio, boxing and my weights all on my own. People started seeing a change in me and I kept going until I reached my goal in 10 months to a year. I said hey if I can do this why can't I help people? So this was my own success story and I needed to share it and it's why I became a personal trainer.

How do you instill motivation when a client is struggling with commitment?

You have to get to the reasons of why they are struggling with commitment. Is it time, work, children, their home life, food? Whatever it may be, you want to be able to communicate with them, have a good relationship with them and talk with them about how to overcome these barriers that's stopping them from their success.

Most important lesson learned during training career?

The most important lesson I've learned during training is how to be professional. In so many ways in this industry there is a lack of professionalism. Not being late for your clients, dressed appropriately, texting on cel-phones when your clients are performing their exercises. I think just being professional is an important lesson I've incorporated in my training profession.

Greatest mistake most trainers make?

I think the greatest mistake most trainers make is not getting to know their clients' goals. Whether, it's their arms, legs or abs, or it's just being fit. First rule is always know your client's goals.

How is it that training makes you a stronger person in everyday life?

I don't know if training has made me a stronger person in everyday life. I've always been a strong individual on the inside, my Mum was an extremely strong woman and she taught me that. So for me I'm just a strong individual who's entered into as they say a tough industry.

How do you stay above and beyond the rest?

Reading and researching all the time! I look forward every month for fitness magazines to be on the shelves to I can go through them!!! The courses that I do- right now- I'm doing a course on Core Anatomy. And of course, my personality! To most people I seem scary in the gym but when they do get to know me I'm quirky. I bring energy and a fun sense of style to personal training. Some people make training a task, but I like to make the hour go by faster for my clients by making it fun!!!

What specific area of training would you consider yourself and expert & list?

COMMUNICATION is the area of training I think I'm an expert at. In any workplace communication is king. So for me talking to my clients, about their goals, about their past fitness experiences, but being able to talk to them and telling them I'm here to help you with your goals and to make them feel better about themselves is key.

If you weren't training, what career path would you have taken?

CRIMINAL PROFILING!!! I'm very intrigued by how the criminal's mind operates. The why?? Reasons for their acts. Why they choose certain victims, is it opportunity, random, etc. Their next step... I could go on and on because I get so excited about it.

WORDS TO LIVE BY...

*“Do not let what you cannot do
interfere with what you can do...”*