

Measure of Effective Attributes of Trainers (MEAT)

Please rate your trainer as accurately as possible along each of the characteristics listed. Choose the number indicating the extent to which that characteristic describes your trainer using the scale below.

1	2	3	4	5
Very slightly/not at all	A little	Moderately	Quite a bit	Extremely

____ Experienced

____ Supportive

____ Likeable

____ Approachable

____ Sociable

____ Accessible

____ Friendly

____ Knowledgeable

____ Entertaining

____ Motivational

____ Prepared

____ Expert

____ Skillful

____ Humorous

____ Caring

____ Flexible

____ Open to criticism

____ Considerate

____ Warm

____ Professional

____ Passionate

____ Humble

____ Trustworthy

____ Intelligent

____ Respectful

____ Patient

____ Able to listen

____ Empathetic

____ Enthusiastic

____ Intellectually stimulating

____ Engaging

____ Communicates effectively

____ Organized

