

## **Stay-at-Home Moms Make Great Virtual Trainers**

You may be familiar with the work of personal trainers that help you become healthier. The most traditional physical trainer/client relationship involves one-on-one, real-world interaction. You meet with your physical trainer one or more times a week and spend time exercising, working out and talking about smart nutrition habits and lifestyle choices that can help you get in shape.

While individuals who help you work on your physical fitness might be the most common type of trainers, fitness is not the only field where training is popular.

Financial consultants, nutrition advisors, and life coaches all work basically the same as a personal trainer ... they work with you in a one-on-one relationship to help you improve in some way. In many ways, offering virtual training rather than training where you have to physically meet your clients makes a lot of sense for stay-at-home moms trying to generate some extra income.

### **What Are You Good at Doing?**

What do your friends ask you about all the time? There is probably at least one skill or ability you have that you are complimented on. Is there a specific topic or area of interest where you have a lot of passion? If you are good at anything or deeply interested in something, why not become a virtual trainer in that field? All you need is a webcam and an Internet connection to start making money as a virtual trainer without leaving your home.

This means you don't have any travel requirements to meet your clients. There are a lot of reasons why it is smart to keep your clients from showing up at your

home. As a virtual trainer, this is not a problem. You can teach cooking, gardening, budgeting or child-rearing skills from the safety and comfort of your home without interfering with your day-to-day stay-at-home mom responsibilities.

What is really great about this income opportunity for SAHMs is that you can take it in any direction. You decide how much to charge and what services to offer. You can use live video or recorded video to deliver your training lessons. Getting started is simple because you probably have a few friends that already respect your abilities in a certain area. Jump on your webcam, smartphone camera or FaceTime and begin training.

Facebook, YouTube, and even Twitter offer live video broadcasting. This means if you have already established a presence on some social media site, you can turn to your friends and followers there to advertise your offerings. There really has never been a simpler time for the stay-at-home mom to harness the power of technology to offer a global reach for little to no money. If you already have access to an Internet connection, you can begin a virtual training business today.