

ABSTRACT

THESIS: Thriving in Group Fitness: An Exploration of the Strengths, Characteristics, and Professional Stories of Zumba Presenters

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This study has presented a comprehensive overview of the context and significance of thriving Zumba presenters in the field of group fitness instruction. This study examined StrengthsFinder strengths, personality types, and personal stories of Zumba presenters thriving in their role. The evidence suggests that thriving Zumba presenters do not necessarily have common backgrounds or personal stories, but do have a strong trend of *relationship-building* StrengthsFinder strengths and a trend of ENFP personality typology. This study could inform group fitness training practices; bring awareness to strengths, characteristics, and tendencies of individuals who are currently thriving; and insight questions of leadership qualities in other fields.