

The chess coach: a personal trainer for the mind increasingly in demand, by Alberto Chueca

Nowadays it is not unusual for people to have the help of a personal trainer to help them improve physically.

Los Angeles, California Nov 16, 2021 ([IssueWire.com](https://www.issuewire.com)) - In the same way, a [chess coach](#), or [chess trainer](#), stimulates all the intellectual potential of a person so that he/she can develop it to the maximum while learning to play chess.

In the same way that not all those who go to a gym or from home have the advice of a personal trainer, do it to dedicate themselves professionally to a specific sport, those who put themselves in the hands of a chess coach think about becoming chess champions. At least this is what Alberto Chueca, the international master who has seen how the demand for his services as a chess trainer has grown in the last few years, affirms.

On many occasions those who look for [chess lessons](#) do it because they are aware of the benefits that chess brings to those who practice it: it improves strategic abilities, memory, resilience, analysis and synthesis capacity, creativity, empathy... in all stages of life it is possible to take advantage of a chess training, and although it is possible to play for fun, training with a professional is the one that really allows to bring out the full potential of each person.

Chess is living a new golden age, as more and more people have become interested in this ancient strategy game. Although in the last years this trend was already noticeable, the fact that due to the pandemic people have been forced to spend more and more time at home and the ease with which you can find opponents of a similar level through the Internet, or even play against AIs, may be determining factors for the boom in chess has skyrocketed in the last year.

But undoubtedly it has been the Netflix series 'Lady's Gambit' that has served as a lure for new players, and above all, female players. More and more women are interested in learning to play chess, says [Alberto Chueca](#), and there are already referents. However, the existing gap between women and men federated in Spain is still important. In 2020, the FEDA had 25,416 male members, while there were only 2,680 federated women.

Despite these figures, it should be remembered that it is not necessary to have a chip to play, this is only necessary for official tournaments, and many of them were canceled because of the coronavirus, so many people are practicing and improving at home without being federated. In that sense, there is an open window to optimism, since the important thing is not to participate in tournaments, but to practice in order to improve and optimize the intellectual, psychological, and emotional potential that can be

worked through chess training and that more and more people are understanding that it is highly beneficial for them.

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