



## Skillful Teaching Mentoring Program For Pilates Teachers *Online - International*

*"Good teaching cannot be reduced to technique;  
good teaching comes from the identity and integrity of the teacher."*

— Parker J. Palmer

There is nothing like having a new path lined by the lantern light of those who have experienced the journey before. Outside of our trainings and workshops there is so much to be learned, discovered and translated that the guidance of someone further down the path can become the key to successfully integrating yourself into the world of teaching.

As you will soon discover teaching is more than just getting a body to move; it's more than instructing. Teaching is guiding, inspiring, motivating and driving students toward their full potential. Teaching is a fully embodied endeavor that requires of us a deep attention to our strengths, motivations, and values. Teaching takes courage. The complete business of teaching takes us further than we can imagine and that is why the support and guidance of a mentor (and mentors) is invaluable.

The ultimate goal of the Skillful Teaching Mentoring Program is to help you create inspired work for yourself, as well as inspire others. We do this by first and foremost exploring the inner demands of teaching. Nurturing our inner teacher along with developing a strong technical base will allow us to create a more solid foundation of committed teaching that is less likely to waiver and more likely to stay Authentic, Meaningful, and Lasting.

Myself and the collaborating master teachers you will work with know from experience that having someone to turn to can be the difference between a teaching life that is mediocre and woven with self-doubt -- often culminating in burnout -- and one where we can be both fulfilled and successful. That is why this one-of-a-kind mentoring program was created and why I am thrilled it will be a part of your journey.

## What You Can Expect From The Program:

The Mentoring Program is a dynamic and integrative approach to teaching that not only provides an intimate and personal support system for your technical development but helps you nurture who you are as a person and as a professional. In this way, the Skillful Teaching Mentoring Program is unique as it addresses all aspects of the teaching path not merely the method. Through workshops, online, phone, and live interactions you will have the opportunity to be constantly challenged and deeply supported by teachers who are exactly where you are and teachers who have been where you are, by experts, novices and peers.

As a an online or long distant mentee you will get EVERYTHING from the program that local teachers get except the ability to attend quarterly workshops LIVE. You will, however, have the opportunity to come to any of the workshops in person should you be able to – in fact, I encourage you to try to do so. All of the workshops are recorded and posted so that you can participate fully including asking questions and interacting with me and the other ST mentors via discussion boards. You will also be able to stream the workshops LIVE and therefore participate in “real time.”

Here are some of the things you can expect to engage in and benefit from as a mentee:

- **Technical/Repertoire:**

- Study and examination of Joseph Pilates original texts and the Pilates Philosophy
  - What was he really saying and how can we teach from that place
- Why and when to use the original (classic) orders
  - The power of consistency, repetition, and progression
  - Transitions, flow and precision
- Exploration of special populations & pathologies
- Practice and application of effective, straight forward verbal and manual cueing
- Fundamental assessment tools and competency tracking
- Understand and clarify the INTENTION and the WHY of each foundational movement principle and concept:
  - How to apply to modifications & variations
- Program, class and session development
- Skill assessment and tracking strategies
- Student goal setting
- Developing practice programs -
  - How to create homework/home practice programs and keep students accountable
  - How to cultivate autonomous and internally motivated students
- And much more...

- **Business/Professional:**

- Professionalism:
  - How to talk about what you do
  - Establishing and maintaining healthy teacher/student relationships
- Fundamental tools for building a business with meaning –

- Identifying your ideal client/specific audience, who you are best suited to serve
  - Creating authentic marketing strategies and crafting marketing messages
  - How to cultivate and sustain a profitable student-base
  - Creating a Program Funnel
  - And much more...
- **Personal/Professional Development:**
    - Regular self-inquiry, reflection, meditation and journaling practices to help you connect with and clarify your PURPOSE for teaching as well as:
      - Find and maintain a stable and malleable confidence
      - Fuel your courage for teaching in difficult, unfamiliar and demanding teaching situations (\*this is more important than you might imagine!\*)
      - Help you teach from **where you are** and learn when to say you don't know
    - Establish a clear **Vision** and **Mission** for your teaching
    - Develop the **HABIT OF PRACTICE** so you can always be a student of what you teach
    - Exploration of inter- and intra-personal skill development:
      - Setting boundaries with students
      - Promoting & sustaining confidence (for yourself and your students)
      - Building healthy teacher-student relationships
      - Motivating students for long term success
    - How to identify and integrate your professional integrity into everything you do

# Program Details and Time Commitments

The Mentoring Program is ongoing, which means teachers can join anytime throughout the year. The program itself is incredibly malleable and fluid and is designed to accommodate not only teachers starting at various times, but also at different places in their teaching path. Our group of teachers currently includes those who are just beginning their teacher training to those who own multiple studios and have been teaching for 10 or more years.

**There are two ways to participate in the program:**

1. Certificate Path
2. Non-certificate Path

## Certificate Path Overview:

Each year you complete (Year 1 and Year 2) you will be eligible to get a certificate that says you met the strict and rigorous personal and professional requirements of this exclusive and intensive 12-month program.

Included here is the list of requirements you have to meet in order to fulfill your obligation to the program, guarantee that you have met certain standards, and acquired a multitude of post-secondary education skills in the realms of:

- Personal development
- Business
- Marketing
- Technique & anatomy
- Teaching
- Communication
- And other complementary disciplines.

You do not have to choose the Certificate Path in order to participate, but it is highly encouraged.

You DO have to successfully complete the Certificate Path if you want to either:

- Join our team and apply for becoming a **trained** and **paid Skillful Teaching Mentor** or
- Want to become an official **Skillful Teaching Host Studio\***

*\*More information about becoming a mentor or a host studio is located on the Mentoring Resources page, but please feel free to ask about these two opportunities at any time.\**

## BENEFITS of completing the Certificate Path

- Holds all participants to a higher standard of skill acquisition and accountability.
- Elevates the level of participation, discussion and inquiry.
- Helps you develop skills progressively and at a different level for year 1 and year 2.
- Demands greater professional investment.
- Provides clearer guidelines and expectations that will drive you to getting the absolute most out of the program and will earn you not only a certificate but PMA CEC's (exact number to be determined).
- Allows you a greater opportunity to leverage the program on your resume as it will afford proof that you have developed a deeper level of teaching, anatomy, business and other skills.

## Requirements For Year 1

- Complete and submit all required initial documents:
  - Application, CV and two recommendation letters
  - Intention & Affirmation pages - Mentoring Manual
  - Assessment: Where Are You Now - Mentoring Manual
  - Code of Conduct & Communication Agreement - Mentoring Manual
- Attend three out of four Quarterly Mentoring Workshops live or streaming via GoToMeetings.
  - If you miss a Quarterly Mentoring Workshop you are required to respond to posted questions and discussions once the video is posted via Ruzuku.
- Complete 90% of all homework activities.
- Attend 8 out of 11 monthly group Mentoring Calls.
- Complete The Manual Cueing Video Series
  - Proof of completion will be via a final assessment test.
- Complete 10 out of 12 monthly check-ins with Chantill or another Mentor.

## Requirements For Year 2

- Meet all requirements from Year 1 plus
- Give a 30-minute or more presentation on a relevant professional topic designed to be put into action and/or educate. Topics should be one of the following:
  - Research-based (presenting someone else's research and/or your own)
  - Innovations in teaching or programming
  - Business model or design
  - Complementary approach or skill
  - Case study

I can choose either path when you begin. Whichever path you decide to follow the level of support you receive is the same. The choice is based on what you desire to get out of the program and how much accountability you feel like you need or want.



## What You Get:

### Materials and Resources:

- Printed material
  - You will receive a 260 page Mentoring Manual that will coincide with the material presented online but not necessarily in the same order
    - Materials will include Forms, Assessment Sheets, and other templates for you to use
    - **For Balanced Body teachers-in-training the manual will include a study guide and outline for successfully preparing and passing your final test.**
    - You will also receive a copy of Chantill's book: *"Moving Beyond Technique: How to master your craft, nurture your passion and create a thriving Pilates business."*
- Online resources
  - Private Facebook group
  - Mentoring Resources Page - password protected page via the SkillfulTeaching.com website
  - Access to printable and editable versions of the Mentoring Manual and other forms
  - Access to **The Manual Cueing Video Series** (\$97 value)
- Online Mentoring Program platform provided by Ruzuku
  - Video Workshop Modules
    - Videos will range from 30 minutes to an hour each
    - Modules will typically consists of 2-5 videos on a particular topic
    - New modules will be delivered quarterly, but you will have access to all previous modules.
    - Monthly assignments and inquiry exercises
    - Discussion boards – open access and ongoing
  - Opportunities to submit teaching audio and video files for evaluation

### Group Interactions:

Ongoing, the way you'll be guided is via our quarterly workshops, monthly group calls, private FB group, and the online resources (see below). I typically guide the group by assigning weekly and monthly exercises and tasks via the Facebook group and email. We will have focuses and themes each month and each quarter with coordinating reading and exercises drawn from the manual.

Our online discussions as well as our monthly group calls will revolve around any current topics or needs. Some of our areas of focus are listed above in the **What You Can Expect Section**, but will always be driven by what is most relevant to the group. Specific workshop content is developed as the year progresses and is highly influenced by your input.

- Quarterly Mentoring Workshops
  - With Chantill or other Master Teachers

- 6-Hour workshops take place one Saturday every quarter (*See Mentoring Calendar for dates and times*)
  - Three hours will be spent exploring a technical topic
  - Three hours will be dedicated to our Inner Teacher topics
- Locations will rotate studios within Sonoma, Napa, and Marin Counties or the Sacramento area.
- All workshops will be available **LIVE STREAMING** via **Go To Meetings** if you are not local or if you have to miss a workshop.
- Monthly group calls
  - These monthly calls create a regular and more frequent opportunity for teachers to learn about a multitude of skills and techniques as well as connect with other teachers.

### **One-on-ones:**

Your monthly one-on-one with me or another ST Mentor will be a chance for you to dig into EXACTLY what you need, your goals, and where you are in your teaching. We will help you create strategies and accountability measures, develop programs, implement programs and make pivotal decisions.

- Monthly one-on-one check-ins
  - With Chantill or other ST Mentor (45 minutes each)
  - Check-ins will happen on a regular schedule on the phone or via Skype
  - You will be expected to choose a consistent day and time each month

### **Additional support:**

- Observation & assisting opportunities
  - You will be able to freely observe any class or session that Chantill teaches. Recorded video sessions and classes will also be made available for online/long distance participants.
  - You may arrange to assist workshops Chantill teaches anywhere in the world.
  - You may arrange for Chantill to come to your studio to teach or present.



# How It Works

## Applying, Participation & Cost

This is an **Application Only** program. All teachers interested in participating will also have to complete an informal interview process as well as provide at least two professional references.

Helping you craft a teaching career with meaning, a vocation that is not only rooted in solid and clear technical skill but brings to light and nurtures you as the teacher, is my PRIMARY GOAL. Therefore the program is only suitable for those who are interested and willing to explore all the dimensions of what teaching requires outwardly and inwardly.

Participants should be prepared to show up fully, engage in all inquiry processes and homework, and attend ALL scheduled events.

This program is *appropriate* for teachers at ANY STAGE, and *ideal* for teachers who want a more dynamic, immersive, and rich experience as they develop themselves as people and teachers.

## First Year Participants

The first year of the mentoring program requires a **12-month commitment**. **You may start anytime**. Any material already posted in the current year will be accessible for you to browse, use, or explore in addition to moving along with the current group. **Cost** - \$1600\*

## Second Year Participants

90% of teachers participate in the program for a second year. *If you choose to participate a second year in the full program you will be encouraged to engage in a Special Project* of your choosing to present to the group. **Cost** - \$1600\*

*\*Payments are available via PayPal auto-pay. See the Registration Form for details. Participants are always grandfathered in at their original rate.\**

## Third Year and Beyond

Third year participants are considered Alumni and *will continue to have access to:*

- The private Facebook group
- Quarterly workshops
- Monthly group calls
- Manual Cueing Video Series
- Mentoring Ruzuku online platform (access to new content) for the lifetime of the program

- ST online Mentoring Resources page

The only resource teachers in year 3 and beyond will not have access to is one-on-one coaching.

# What Happens When You Are Accepted

## Getting Started:

Once your registration form is complete and payment arrangements are made you officially begin the program. At this point you may still be working on your application and references, which is common as most teachers are vetted before they even receive this document and the application process can take up to 2 months.

## Once accepted you will:

- Complete application, CV and references
- Schedule a program orientation with Chantill (1.5 hours)
- Receive a copy of the Mentoring Manual
  - Complete and sign several pages from the manual
- Receive a copy of "Moving Beyond Technique: How to master your craft, nurture your passion and create a thriving Pilates business."
- Receive a schedule of:
  - Monthly group calls
  - Quarterly workshops
- Be asked to pick a consistent day and time for your monthly one-on-one coaching call (45 minutes)
- Be invited to a private Facebook group
- Be invited to register for the Manual Cueing Series
- Be invited to join the online platform provided via Ruzuku
  - Be asked to download a bio and photo into Ruzuku

Whether you are a local teacher or somewhere in the world, it is my absolute priority to support you as fully as possible no matter where you are in your teaching. Our program continues to evolve and grow to meet the needs of teachers all of the world and we are always improving.

I'm honored that you are considering the Skillful Teaching Mentoring Program and look forward to being a part of your support team. Please don't hesitate to call or email me with any questions that you might have about the program. I am always happy to sit and chat with you about how this program might benefit you.

You can reach me, Chantill Lopez, at (707) 738-7951 or via email at [Chantill@skillfulteaching.com](mailto:Chantill@skillfulteaching.com).

Download the Program Application at [SkillfulTeaching.com/mentoring-program](http://SkillfulTeaching.com/mentoring-program)

