

Mentoring Certificate Requirements

The Skillful Teaching 12-Month Mentoring Program - The Engaged Teacher Roadmap - now offers a Certificate Path.

This is an exciting new addition to the program because it makes all of your hard work tangible and transferable within the professional community and better ensures that you will be recognized for your efforts. It also puts into place guidelines that help better support your learning and the acquiring of the unique and critical skills put forth in the Skillful Teaching Mentoring Program.

Overview:

Each year you complete (Year 1 and Year 2) you will be eligible to get an official 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**¹

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.

¹ See definitions of Skillful Teaching Mentor and Host Studio on page 3 & 4 of this document.

- 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 _____, agree to participate in the Skillful Teaching Mentoring Program as a Certificate Candidate and will work toward meeting all of the above mentioned requirements.

Print name: _____ Date: _____

Skillful Teaching Mentor Definition:

A Skillful Teaching Mentor is first and foremost an example of a teacher living and working in alignment with their core commitments and purpose for teaching. They have established a clear teaching vision and have - or are - teaching from a clearly articulated point of view as to what Pilates is and in what ways they are most committed to being of service through Pilates.

Mentors are expected to add to the value and quality of Skillful Teaching as an international educational provider and resource for personal and professional development by way of:

- taking initiative to improve or implement programming or enhance their role;
- offering honest and constructive feedback about existing programs and services or infrastructure;
- demonstrate & facilitate a growth-mindset within the Skillful Teaching leadership team (of which you would be a part of);
- demonstrate an entrepreneurial attitude in all things related to being a Mentor and a crucial part of the ST team.

Mentors must have completed a minimum of two years of the ST 12-month mentoring program and be actively teaching in order to apply. Application to become a mentor does not guarantee acceptance.

As a Mentor you must have developed and be actively involved in the process of evolving the following things for yourself:

- Core commitments
- Purpose in Action (PIA)
- Your WHY/your PURPOSE
- Authentic Invitation (AI)

A Mentor is a role model for the teachers participating in the 12-month ST Mentoring Program and offers the following support for its mentees:

- Actively and regularly interacting with the teachers on the FB forum:
 - Adding relevant, inspiring, and valuable content in the form of articles, videos, interviews, and images.
 - Answering logistical questions and/or fielding comments and questions about teaching, clients, etc.
 - Offering direction to the teachers as to where they can find resources, documents, and other support material on the ST Mentoring Resources page.
- Facilitating or co-facilitating monthly mentoring group calls.
- Completing monthly 45-minute check-ins with mentees:
 - Tracking progress, setting deadlines, and reassessing goals - overall guidance.
- Assisting during quarterly mentoring workshops.
- Presenting on relevant topics during mentoring workshops, monthly calls and during other events.

A Mentor will also co-facilitate the 28-day Fulfilled & Successful Pilates Teacher Online Courses in the following ways:

- Co-facilitates weekly calls:
 - Leading the breath practices
- Responds and comments as a facilitator on the course discussion boards:
 - Answers questions, acknowledges progress and insights, helps participants better understand the process and/or homework, journaling, or practices, offers anecdotes and personal experiences that will help teachers feel seen, heard, and supported or gain clarity in their process.

Mentor duties may also:

- Expand to leading/directing certain aspect of the ST online offerings including online courses, membership, podcasts, videos and other educational content;
- Include national and international travel.

This is a paid position.

Skillful Teaching Host Studio Definition:

The exact details of this collaboration are still being worked out, but the foundation is as follows:

Being a Skillful Teaching Host Studio is a prestigious designation that will not only give you recognition as an upper echelon studio dedicated to the highest standards of professionalism, but as a place where teachers can go to take their teaching and entrepreneurship to the next level.

As a ST Host Studio you will be trained to offer the full ST Mentoring program to teachers in your geographic locale. You will be given access to the Mentoring Manual for all participants and an outline of how to present the program in 12 different modules with the intention of offering it in the same 12-month format, although this will not be required.

Your teachers will be granted access to a Host Studio Mentoring Online Resources (not the Ruzuku platform*), and have access to a private FB Host Studio Mentoring forum (not the current Mentoring Forum, which is for you and teachers directly participating through me), which will be moderated by myself or one of the St mentors.

You will have the option to:

- Present your own quarterly or regular workshops.

- Include access to the online Ruzuku platform where participants will have access to workshops I present quarterly throughout the year.
- Offer the program in smaller, individual chunks depending on your needs and the needs of your teacher community.
- Set your own prices for participation (I will provide recommendations).
- Offer a certificate path.

If you should choose to give your teachers access to the Ruzuku platform of workshops (where ongoing quarterly content will be provided), Skillful Teaching will either collect a yet-to-be-determined percentage of the total program cost (still set by you) or charge your teachers an additional fee for access.

Remember that this ultimately gives your teachers direct access to me and to a minimum of 24 hours of online continuing education.

You will also get ongoing support from me and the ST leadership team to help you implement the program up to 5 hours of one-on-one per year for 2 years.

As someone who has participated in the flagship Mentoring Program and completed 2 years of certificate-level work you have a major advantage (in cost and preparation) from those studios in the world who chose to implement the generic version² of the mentoring program.

The REAL BENEFIT of being a Host Studio is that NO licensing or extra fees (besides those required to access to the Ruzuku platform) will EVER be collected.

You will, however, be required to go through an **Annual Review and Assessment** with me to make sure that you are meeting the standards (which will be explicitly provided) set for Host Studios. **Should you not meet the standards, you will no longer be able to offer the program.**

When you enter into a Host Studio relationship with Skillful Teaching a contract with all the details will be instated for the safety, satisfaction and benefit of all parties involved :)

If this is a track you are interested in, please let me know right away so we can begin to assess how best to proceed and facilitate easy and appropriate implementation.

² The mentoring program is also being offered to studio owners around the world as a generic program that they can buy, customize and implement as their own.