



12-Month Coaching & Mentoring Application

thank you for your thoughtful responses

1. If you had to describe yourself in 5 words or less what would they be?
2. How would your closest friend describe you? (5 words or less)
3. What do you believe are your greatest strengths as a teacher?
4. Why did you become a teacher?
5. What is at the center of your life? What things, people, ideas are you most committed to personally?
 - a. Professionally?
 - b. Otherwise (spiritually, emotionally etc.)?
6. What are your current challenges in teaching?
7. How are these things affecting your:
 - a. Your students:
 - b. Your ability to feel excited and inspired:
 - c. Your ability to craft a vocation that feels sustainable and replenishing:
 - d. Studio or business:
 - e. Your staff or other teachers you work with:
8. What makes you excited about getting up in the morning?

9. How would you describe your current attitude toward teaching and your business?

10. Describe your dream teaching-self & situation -- what's your most amazing, most vibrant, bold and audacious fantasy?

11. What are the top three reasons you decided to reach out for guidance on your teaching path? *(These can be catalysts, events, a-ha moments, specific challenges that lead you to recognize that you were off track).*

12. Have you been here before -- as a teacher or in other areas of your life?

13. What are the three elements you would like to start addressing right away? *(These are specific issues, qualities, skills, etc.)*

14. What would you like to get out of your coaching sessions?

And finally...

Make a list of all the ways you anticipate you could be thrown off track or waylaid during this process. *For instance, not having enough time, not having support within your studio, self-doubt etc. It could be anything from emotional to physical to logistical.*

Then make a similar list with all the ways you can start addressing these potential bumps in the road to ensure your greatest success. These should be simple, immediately actionable steps. *I.e. Asking someone to be your buddy for feedback and support; or creating a concrete and realistic schedule in which you set aside time to do your exercises and homework everyday.*

*Please submit a current CV or resume with this application. Send all documents to Chantill@skillfulteaching.com.

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