

*Your teaching story, told **properly***

Your career didn't start the day you qualified. Give it half an hour with a pen, and you'll see the whole arc you've already lived, chapter one and all.

YOGA PROS

Handout 07 · goes with the Learning Hub article of the same name



◆ HANDOUT 07

Inside this handout

Your career didn't start the day you qualified. Give it half an hour with a pen, and you'll see the whole arc you've already lived, chapter one and all.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- Rewriting a bio or a studio application
- When your career feels like it began at your training course
- When a student asks how you came to teaching

◆ THE PRACTICE

Step by step

01 Set the chapters

Five or six headings for your teaching life, with chapter one before your training.

02 Mine each chapter

One line per chapter: what was going on, and what it taught you that you still use.

03 Find the through-line

Read the page and look for the same care showing up in years that had nothing to do with yoga.

04 Rewrite the opening

The first sentence of your bio starts where the story starts, in under twenty-five words.

05 Count the arc

Total your training and teaching hours, and write them where you'll see them.

◆ YOUR PAGE

Write it *down*

Chapter one of my teaching life actually begins...

The through-line I can see across the chapters...

My bio's new first sentence...

◆ BEFORE YOU FINISH

☐ Chapters written, the first one set before training

☐ One learning line under each chapter

☐ Through-line named

☐ Bio opening rewritten

☐ Hours counted and recorded

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This handout supports the article ‘Your teaching story, told properly’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ You qualified. When do you feel like a teacher?

➤ Gratitude with a spine

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theyogapro.com/learning-hub

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