

The week that holds

Four venues, three evenings, two school runs and a Tuesday that only works if nothing goes wrong. Building a week you could still be teaching in five years.

YOGA PROS

Handout 16 • goes with the Learning Hub article of the same name



◆ HANDOUT 16

Inside this handout

A page for mapping one real week — including travel, setup and recovery — and finding the slot that’s costing you.

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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

- When setting next term's dates
- If a week that looks fine keeps leaving you flat
- Before saying yes to a new slot
- When you dread one class and can't say why

◆ THE PRACTICE

Mapping the real week

01 Map what happened, not what you intended

Every class: the hour, travel each way, setup, planning, and the flat hour afterwards.

02 Find the slot that costs most and returns least

There's usually one. A sixty-minute class occupying four hours, paying the least, cutting an afternoon in half.

03 Automate

Bookings, reminders, payments, the message you send every new student. Anything typed twice a month is a template.

04 Delegate

Not everything needs you. It feels like an expense until you price your own hour properly.

05 Eliminate

The hardest and most useful. The venue forty minutes away with six people in it.

06 Leave slack

The fragile week isn't the full one. It's the one with nowhere for a problem to go.

◆ YOUR PAGE

Write it *down*

Total classes this week:

The slot that costs the most:

One thing I'm automating:

One thing I'm eliminating:

Total hours including travel, setup, recovery:

What it actually returns:

One thing I'm delegating:

The gap I'm protecting:

◆ BEFORE YOU FINISH

☐

Mapped a real week, not an intended one

☐

Identified the highest-cost lowest-return slot

☐

Ran three tasks through automate/delegate/eliminate

☐

Left one gap unfilled and protected it

☐

Decided about the costly slot

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The Business collection · Career Growth & Direction

RELATED READING ON THE LEARNING HUB

- What an hour of your teaching actually costs
- Who do you work for?

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

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