

Growing without becoming a manager

More students doesn't have to mean more evenings. Three ways a teaching life grows, and the one that quietly ends the teaching.

YOGA PROS

Handout 19 • goes with the Learning Hub article of the same name



◆ HANDOUT 19

Inside this handout

A page for naming the shape you're drifting towards, deciding whether you chose it, and writing two or three deliverables.

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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 you're at capacity and something has to change
- If a second teacher is the obvious next step and it makes your stomach drop
- Before taking on a bigger space
- When you're doing well and can't work out why it feels worse

◆ THE PRACTICE

The three shapes

01 More hours

The default, with a ceiling you can see from here. The last evenings you add are always the worst ones. Growth by exhaustion.

02 More value per hour

Same week, different work. Courses instead of drop-ins, a specialism people travel for. The shape most teachers underuse.

03 Other people teaching under your name

Different in kind. You're now recruiting, training, covering, scheduling and handling complaints about somebody who isn't you.

04 That third one is a change of profession

A legitimate choice, made deliberately by some of the best people in the sector. But it deserves to be decided rather than arrived at.

05 Then two or three deliverables

Not ten. On paper. Everything else gets one question: towards that, or not.

06 Automate, delegate, eliminate

The only three ways out. There is no fourth, and 'I'll get to it' isn't one.

◆ YOUR PAGE

Write it *down*

The shape I'm currently drifting towards:

Deliverable one for the next year:

Deliverable three (optional):

One thing I'm delegating:

Did I choose it?

Deliverable two:

One thing I'm automating:

One thing I'm eliminating:

◆ BEFORE YOU FINISH

☐

Named the shape I'm drifting towards

☐

Decided whether I actually chose it

☐

Written two or three deliverables on paper

☐

Taken three things off the list this week

☐

Accepted that keeping the week as it is would be a valid answer

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