

Who do you work for?

Six things hold a teaching life up. This is where you write down which ones you've got, and find the one gap that would cost you most.

YOGA PROS

Handout 20 • goes with the Learning Hub article of the same name



◆ HANDOUT 20

Inside this handout

A one-page floor for your teaching. Write an honest sentence against each of the six, count what's missing, and pick the single gap to close this month.

01	When to use this The moments this practice is for	<i>page 2</i>
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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

- If teaching has never quite felt like a career
- After something has gone wrong and you noticed there was nothing underneath
- Before a new venue or a new term, when you're about to add work
- At the start of a term, as a yearly check

◆ THE PRACTICE

The six, one honest sentence each

01 1 • What you are

Your status at each place you teach. It's set by how the work is really done, not by what the studio calls you.

02 2 • What covers you

Your insurance, and the things it doesn't cover. Read the certificate rather than assuming.

03 3 • What you charge

A number you can say without a get-out at the end, connected to what an hour really costs you.

04 4 • What finds you

How a stranger checks you're real before they reply to your email.

05 5 • What holds the week

A timetable that survives a bad month. The one with give in it, not the fullest one.

06 6 • What happens if you stop

Six weeks off. Who teaches, what students are told, and what you live on.

◆ YOUR PAGE

Write it *down*

1 • What I am, at each place I teach...

3 • What I charge, and why that number...

5 • What my week looks like on a bad month...

Blanks I counted:

2 • What covers me, and what it doesn't...

4 • What a stranger finds when they look...

6 • If I stopped for six weeks...

The one that would cost me most, and what I'll do about it:

◆ BEFORE YOU FINISH

☐ All six written honestly, not tidily

☐ Blanks counted rather than glossed over

☐ The costliest gap named

☐ One action chosen for this month — one, not six

☐ Page kept somewhere you'll find it next term

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Business collection · handout 20

RELATED READING ON THE LEARNING HUB

➤ More than one way the work pays

➤ What happens if you stop

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