

The room you grow in

Teaching looks social and is quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.

YOGA PROS

Handout 18 · goes with the Learning Hub article of the same name



◆ HANDOUT 18

Inside this handout

Teaching looks social and is quietly solitary. The company you keep sets what feels normal, so build the room you grow in on purpose.

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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

- Nobody has watched you teach in years
- The only teachers you know are the ones you follow online
- You can't remember your last real conversation about teaching

◆ THE PRACTICE

Step by step

01 **Map your room**

List the five teaching voices closest to you and what each makes feel normal.

02 **Be a student**

Book into another teacher's class this week and take it from the mat.

03 **One working conversation**

Ask a teacher you respect for twenty minutes and bring one real question.

04 **Keep a stretch voice**

Stay close to one teacher whose standard makes you plan better.

05 **Be the newest**

Put yourself in one room this term where you are the least experienced person.

◆ YOUR PAGE

Write it *down*

The five voices in my room right now:

What my room currently makes feel normal:

The room I will add this term, and how:

◆ BEFORE YOU FINISH

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- ☐ Five voices mapped, screens included
 - ☐ Someone else's class taken as a student
 - ☐ One working conversation held this month
 - ☐ One voice in the room that stretches me
 - ☐ One room this term where I am the newest
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YOGA PROS

This handout supports the article ‘The room you grow in’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ [Who looks after the teacher?](#)

➤ [After the course high](#)

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