SUCCESSFUL ONLINE TEACHER TRAININGS
- Create small mentor groups with lead teachers
- Host ongoing monthly networking groups for your graduates
- Building in feedback via chat during sessions (especially in asana sessions)
- Incorporate teachers you might not be able to work with in a live setting
- Establish a culture of feedback to encourage on camera time
- Use a peer supervision group to equalize power
MAKING ONLINE AWESOME

- Offer content in shorter segments, especially lectures ("bite sized")
  - Shorter lecture videos, 15 minutes max
- Re-examine what you charge for tuition (less overhead = pass on savings to students)
- Time limit access to asynchronous content
  - In between live sessions, assign on-demand, self-paced content that is only available then. "Drip" content based on the overall curriculum map to help students pace their learning and avoid overwhelm
MAKING ONLINE AWESOME

- Be very clear and organized about what content is available when, and in the directions you give to students about what they should be preparing with.
  - This improves live sessions—they are opportunities to go deeper with the content they have already learned on-demand/self-paced
  - Offer a pacing guide to your students to take the guess work out of it
- Use on-demand for direct instruction topics like anatomy, philosophy
  - Live sessions are for taking theory into action
- Be relentless in gathering feedback, apply that feedback and improve as you go.
MAKING ONLINE AWESOME

- Use carrots (incentives) to engage students in the ways you need them to

- Offer teaching from the place of a learner; apply the teachings of yoga to your teaching practice and use the growth mindset to guide you.

- Invite your students to have a practice buddy within their own bubble, use that opportunity for hands-on assists
  - Use self adjustments to teach hands-on assists

- Take time to have students setup their space so you can see them
  - Schedule orientation calls with each student or the group to walk them through the tech needs for their space, the platform, test things, etc.
Use multiple devices

Have a way for students to contact you (or your tech lead) outside of the training for any tech issues

Control when the chat is being used—it can be turned on and off. Have your meeting host determine this and be sure to communicate to your students that this is a norm for your group.
CONTENT MAPPING WITH DR. ILANA NANKIN

- Begin with the end in mind—what is the outcome you want for your students
- Work backwards from that goal
- Break up the major goal into learning objectives
- For each learning objective, build instruction modules
- You can weave threads of all your major content themes throughout your sessions
- “I do, we do, you do”
- Build in opportunities for students to feel the practice in their bodies and then practice it in daily life
Demonstrate as you might with asana; offer both the call and response

Have students un-mute one by one as the call/response cadence so you can offer immediate feedback
  - Listen once or twice and then have them participate

Sound based content can take longer than other areas, the repetition is important for learning acquisition in these areas.

Use multiple devices
STANDING OUT FROM THE CROWD—ROSIE ACOSTA

- Be brave! Don’t let fear of putting yourself out there stop you.
- Partner with people/brands that already have an audience that aligns with what you do.
- Be bold and just ask! Bring value first as you expand your platform.
- Collaborate with other teachers or a studio with an established following. This may be a guest teaching spot, for example.
- Create good content, start with what you’re most excited about.
- People who will benefit from your training are out there looking for you—what do you want them to see?
- IG Reels are favored heavily in the algorithm through Q1 2021.
- Built in benefits of Facebook Business pages include support for posting Facebook Ads.