

---

## SUCCESSFUL ONLINE TEACHER TRAININGS



## MAKING ONLINE AWESOME



- **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.**

## MAKING ONLINE AWESOME



- **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**



## SOUND BASED CONTENT—CLAUDETTE EVANS

- 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