

COMMUNICATION SKILLS FOR YOGA TEACHERS

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Outline

- I. Understanding and mastering the subject
 - A. Terminology—deepening your understanding through teaching
 - B. Explore how well *you* understand your yogic terms
 - C. Communication is a transaction in which *both* people participate.
 - D. Using a simple technique to see how easy it is or isn't to communicate

- II. Four important principles of communication
 - A. What you say is not necessarily what other people hear
 - B. People vary in terms of response to directions
 - C. Difference between giving a description of something and giving directions—description vs. directions of “how to”
 - D. The best communicators are the ones who can most put themselves in place of the other person
 - E. Importance of memory and journaling

- III. Understanding your students
 - A. Adapting your teaching to those you would teach
 - B. Five vital questions to ask to better understand my students
 - 1. What do they know already about my subject? and/or What do I *think* they know about my subject?
 - 2. What are my students' daily lives like?
 - 3. What do my students want? — from life and from my course?
 - 4. What do I feel my students need?
 - 5. What language do my students speak?
 - C. How do I answer these five questions?

- IV. Universal principles of communication for teachers
 - A. Teach with *feelings*, not just with words and techniques.
 - 1. Enthusiasm, warmth and understanding (for and of your students)
 - B. Encourage healthy skepticism in your students
 - C. BE YOURSELF

