

YOGATM MAGAZINE

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WARMTH, JOY & CARE

yoga &
DIGESTION

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CONFIDENCE BUILDING FOR YOGA TEACHERS

Words: Caroline Shola Arewa

How did you first find yoga? People are often introduced to yoga mostly at low points in their life. Something may have changed - a turning point! It could be an illness, loss, or the need for a new direction in life. It may be the birth of a child or the passing of a parent. Yoga often finds us when we need it most. Yoga can act as a warm embrace, lifting us up, building confidence, and cultivating quiet strength.

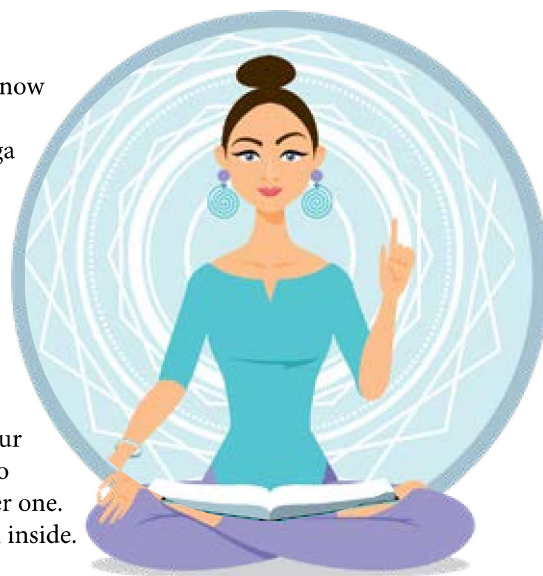
Confidence is a powerful sense of knowing your innate worth and value. It's an aura that says "I can do this" and people see it all around you, so they feel comfortable and safe with you. This is an important energy for Yoga Teachers. We all want those instructing and guiding us, to know what they are doing and demonstrate a sense of confidence.

I have always considered myself to be fairly confident; my shy nature faded over the years. My work has me meeting lots of interesting people. I speak to large audiences all over the world. But like many people, there are times when the challenges I set for myself push me to my edge, and doubts and fears arise. Doubts play havoc with confidence and fear paralyses.

I was speaking recently to a small audience and it was more daunting than speaking before an audience of thousands. I had to slow down, go inside and trust the right words would start to flow and of course, they did. Yoga definitely supported me to feel more positive and self-assured. We all need confidence to succeed. And the practice of yoga has much to offer, not just physically and spiritually, but it can also enhance the way we think and feel about ourselves.

SO HOW CAN YOGA TEACHERS BUILD
CONFIDENCE? LET ME SHARE WITH YOU
7 WAYS YOU CAN BUILD CONFIDENCE.
THEN NEXT TIME YOUR CONFIDENCE
NEEDS A BOOST YOU WILL KNOW
EXACTLY WHAT TO DO.

1 KNOW YOUR STUFF
To teach yoga, you need to know your stuff inside out, upside down, and back to front. Yoga is so vast; obviously, you cannot know everything about it, but do make sure you know what you are teaching in each class. Plan and prepare. Be sure to anticipate questions, and consider the answers you may offer. The more prepared you are, the more confident you will feel. This also comes from having your own Yoga Practice. Your practice is so important it has to be here at number one. Your biggest learning will come from inside.



**2 BE A PRACTITIONER NOT A
PREACHER**

We are all so different and no one size fits all. Never forget what it felt like to start Yoga, the fears of not being flexible enough, or not being able to sit still. I remember my knees up around my ears when I sat down to meditate. I couldn't understand how people could sit in *padmasana*. Now when I teach, I remind people how I felt, it always gets a laugh and puts students at ease. The more we meet students where they are and help them to feel comfortable, the better rapport we build. Rapport creates a safe environment that cultivates confidence and provides comfort for your students.



3 ALWAYS VISUALISE WHAT YOU WANT TO CREATE

You are part of the creative universe - just like drops of water make up the ocean. You have the vast power of the universe working through, around, and for you. Remember to use this power. Utilise your mind's eye to see yourself successfully achieving your end goal. How do you want to feel, and how do you want your students to feel? Take a moment before class to set your intention and see it manifest. Top athletes, successful entrepreneurs, and many people use this technique to build confidence. They see themselves winning. Whenever you set out on a task visualise yourself winning. Know exactly what you want to create, see it, then go ahead and ground your vision in reality. I call it ACT - Always Create Twice. Once in your mind and once in the world.



4 DON'T BE AFRAID TO VOICE YOUR INTENTIONS

Letting people witness your plans helps them support you. If you're starting out teaching yoga or any other disciplines in life. Build confidence by getting the support of others. Before I wrote my first book, *'Opening to Spirit'*, I told people I was writing a book. I hadn't actually started. It was a goal I had. But what I found was that because I had shared it with people, they started asking me. "Have you written your book yet? Where is your book? When is it coming out?" When you hear that enough times you start to take action. It supports you and eventually you get the confidence to take action and voilà, before you know it, your goal will be accomplished. I got started, completed it, and now have 5 books. I know that people's comments and enthusiasm supported my goal. The same will work for you. It's Throat Chakra work - voice your intentions and let the universe support your goal.



5 THINK ABOUT SOMEONE YOU KNOW WHO EXUDES CONFIDENCE, BOLDNESS, AND COURAGE

Identify a Yoga Teacher you admire or a person whose level of confidence you aspire to. You could choose a successful person, a family member or friend, someone who radiates confidence. Write their name in your Journal, and then write down 10 to 20 things you see and admire in them that make them appear confident. Some of these qualities you may have yourself, others you may still be developing. Next time you are in need of a confidence boost, think of this person who is a role model for you and ask yourself what exact actions would they take in this situation. What thoughts, feelings, and actions would they have? Then take a deep breath, embrace the energy they have and boldly adopt as many of the thoughts, feeling, and actions yourself. This is a powerful exercise. My coaching clients say it works every time. Give it a try and see if it works for you.



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6 WORK WITH A MENTOR

Over recent years we have seen more and more people referring to themselves as Yoga Mentors. They offer various skills from class planning to helping you build your business. You don't have to do everything yourself. Get the support you need. All successful people in every walk of life have Mentors. And we are now seeing this trend in yoga. For example, I offer the 'LEAP Mentoring Program' to help overwhelmed Yoga Teachers develop clarity, confidence and clients. We are seeing the growth of Mentorship because more people are embracing self-care and getting the help they need. It's important because it speeds up the process of building confidence and reaching your goals without all the stress. Some have already walked the path you want to take, and a Mentor will be only too happy to guide you. You will see the difference it can make immediately. You just have to know you need support and feel worthy of having it. Then all you need to do is ask for help.





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7 PREPARE, REHEARSE, THEN LET GO AND RELAX

Do all you can to build your confidence and prepare for success. You've got this! Make a checklist of everything you need to do and tick all the boxes on completion. If you are teaching a class for the first time or trying out a new theme or topic for a series of classes, list everything that needs to happen first. Then ask a good friend to help you rehearse. If that's not possible, speak out loud into a mirror. Rehearse every

possible detail. Think about the questions students might ask. Make sure you have everything sorted for the venue. Run through everything, get feedback, evaluate and adjust if necessary. Do everything you can. Then, here's the real secret to being confident, *let go and relax*. Allow the creative universal energy to work through, around, and for you. Letting go and allowing is a vital part of being confident. Put everything in before, then let it all go and let it flow!

BONUS

Apply all the above steps, then simply *'faith it till you make it'*. Be open to positive results. Know all is well and only good can come. People want you to succeed and the universe has your back. I wish you every success with all that is unfolding in your life right now.

Caroline Shola Arewa is a leading figure in the world of Spirituality and Wellness. She has delivered her energy-based work internationally for over 3 decades. Psychologist and author of five books, including bestseller *'Opening to Spirit and Energy 4 Life'*, Shola offers The Spiritual Coach Training Program and Mentors Heart-centred businesses worldwide.

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“What a caterpillar calls the end of the world The rest of the world calls a butterfly.”



LEAP Mentoring

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Confidence Clients Cashflow

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Do work that Aligns with your Heart,
and still pay the mortgage!

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