



## Awaken Studios Apprenticeship Program

The Awaken studios apprenticeship program is on-the-job training for individuals that have successfully completed a certification course and want to gain teaching experience with private sessions and/or group classes. They will also receive feedback from their directors that allow them to progress quickly into a highly qualified instructor. Apprentices also will be able to come to all Awaken hosted education and team sweats for free.

### ***All Apprentices are Required to Commit to:***

- **6 Team-Teaching Classes:** You come into another teacher's class and teach a segment (10-20 minutes) of that class. Following your class, the teacher will give you feedback. After you complete your team-teaching classes, you will be assigned your own class.
- **12 Hours of Teaching:** See 'Awaken Apprenticeship Position Agreement' (Listed below) Work listing. For any of these classes, please take initiative and ask mentors to attend your class to provide feedback.
- **8 hours of Assisting:** You coordinate with a teacher to come to his/her class and assist in class. Assisting is giving tactile cues, spots when needed, quiet feedback and compliments to clients during class.

PARTICIPATION IN THE AWAKEN STUDIOS APPRENTICESHIP PROGRAM IS NOT GUARANTEE THAT YOU WILL SUBSEQUENTLY BE OFFERED A PAID POSITION ON THE AWAKEN STUDIOS FACULTY.

**Compensation on Private Training: 40% Commission.**

**Venmo Name: @** \_\_\_\_\_

### **Steps to become an Apprentice:**

- Let the Appropriate Program Director know you want to participate in the apprenticeship Program.
- Begin your team-teaching and assisting classes.
- Coordinate with your Program Director and set a regular weekly class time & your start date of class.
- Meet with the General Manager (Kevin) and go over instructor expectations and mind body usage.
- Hold your Apprenticeship Class.
  - The class will be online for individuals to register for.
  - Apprenticeship classes will be included in Awaken Client Memberships.
  - Drop-in rate, for the public, will be \$5.
- Apprentices must follow Instructor Expectations
- Apprentice must take initiative to ask for feedback from staff or directors

### **Awaken Studios Hiring Policy:**

To be hired as a member of the Awaken Studios faculty, all candidates must successfully pass a teaching audition conducted by a Faculty Director and have a minimum average of 6 people in their classes for 6 weeks.

To qualify for an audition, all candidates must be certified (or equivalent) and have a minimum of 4 months teaching experience post certification OR have participated in Awaken Studios Apprenticeship program.

All qualified candidates must request an audition with the director when they feel ready to audition out of their apprenticeship and into a teaching position.

The program Director reserves the right to accept or reject applications for any reason.

### **Awaken's Manifesto:**

*Awaken your Potential.*

*We will learn, we will grow and we will become stronger.*

*We are hardwired for connection, curiosity and engagement.*

*We crave purpose, and we have a desire to create and contribute.*

*We will take risks, embrace our vulnerabilities and be courageous.*

*Engage with us, show up beside us, learn with us.*

*Awaken with Us.*

## Position Title: Apprentice Instructor

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### Result Statement:

As an Awaken Apprentice I will commit, engage, connect and lift others. I will act with integrity and kindness. I will strive for growth in our company, members and myself. I will engage, show up, learn and awaken others and myself through teaching.

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### Work Listing:

- 1. Become Familiar and be a part of the Awaken Brand**
  1. Know the Manifesto by heart
  2. Know the Core Values and Live the Core Values
  3. Know about all Awaken has to offer- the other classes/ departments
  4. Attend other classes
  5. Know about and announce upcoming retreats, teacher trainings, community events etc.
  6. Know and be familiar with the products sold in the store
  
- 2. Come to studio 15 minutes early to**
  - a) Set up your classroom
  - b) Look at your class role
  - c) Greet clients that enter, finding out names, how they are, injuries
  - d) Let them know props they will need during class
  
- 3. Start Class on Time & End Class on Time**
  
- 4. Teach a full class following the Awaken Class Format**
  
- 5. During Class:**
  - a) Use specific client's names during class
  - b) Give specific compliments, corrections, and feedback
  - c) Give modifications for all exercises
  - d) Use appropriate music (no commercials, no profane lyrics/ language)
  - e) Be uplifting- clients should leave class feeling better than when they walked in
  - f) CONNECT
  
- 6. Stay after class 15 minutes**
  - a) Talk to as many clients as you can
  - b) Say goodbye as they leave, confirm you will see them again
  - c) Ask how they liked class, how their body feels
  - d) Clean up all props
  - e) Disinfect anything you used
  - f) Turn off lights/ fans/ stereo
  - g) Walk around the studio one last time to make everything nicer than when you came in

**7. Retaining and Getting Clients**

- a) Invite friends and family members to class
- b) Use your social media to promote yourself and awaken
- c) Pay special attention to new clients and take time to talk with them before and after class
- d) Call your Last Visit call list- notice when clients are gone and call them to see if they are OK
- e) Participate in Community events

**SIGNATURES**

**Position Holder:**

*I accept the accountabilities of this position and will produce the results, perform the work, and meet the standards set forth in this Position Agreement*

Date\_\_\_\_\_

Signature\_\_\_\_\_

**Position Holder's Manager:**

*I agree to provide a working environment, necessary resources and appropriate training to enable the accountabilities of the position to be accomplished.*

Date\_\_\_\_\_

Signature\_\_\_\_\_



Personal Information

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Best Contact Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Person to Notify (in case of emergency):** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Is there any Physical condition you have that may require special  
emergency Care?**

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