

# Mental Skills & Mindfulness for one-one music teachers Fall Series Circle

***Pairing of Flute Tapestry circle with this one is bringing everything I love and learned at Pender Island Flute Retreat 2009-2021 to you.***

My own one-one music teaching began when I was 15 - I taught grade 7's how to play the flute when I was in grade 10. I had taken flute lessons since grade 6 with the amazing Laurel Ridd, and taught the way I was taught - started students with the same books I started with. I had been taught very well, so all in all I feel I served flute and musicianship as best I could at that time! When I won the job with the Calgary Phil, my role as teacher within the community shifted and has continued to shift and expand ever since! I met other flute teachers who had different teachers, with different methodologies and integrated that into my teaching. This jumped a whole new level with the Pender Island Flute Retreat, with taking many non music courses, and when I became a certified coach.

I love having conversations with Carolyn and others about integrative music teaching - methodologies of course - they keep changing and they don't - love it!!!! And also mental skills, mindfulness, martial arts, movements, meditations. Resilience. So I'm recording these conversations!!!

PART 1: I'm excited to bring you weekly 15 minute recorded interviews with Carolyn and others about teaching one-one in this ever changing world - especially as more and more students are struggling with mental health issues.

PART 2: In the once/month cohort circle with me we dig into questions such as

- Creating a sense of safety, meaning, belonging, voice and choice in the teaching studio
- What is your responsibility and what isn't - ie. your boundaries as the teacher - they're flexible. What are your expectations for your students? is that flexible? contracts.
- Crafting your own resource list for mental and physical health support for your students.
- What is your teaching philosophy?

\$175



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