

KRI – Trainer Role Descriptions

Role Title:

Intern

Final Version – June 3, 2011

Nature and Scope of Position:

- Initial stage of development of a Trainer. Focused on comprehending the full program and being able to deliver small segments.
- Required to attend 100% of the program sessions of the first Level 1 program attended as Intern.
- As a member of the Training Team learns how the program is delivered by observing, assisting and supporting all aspects of the course including organization, administration and logistics.
- Internships last until the Intern demonstrates to the Mentoring Lead their capacity to fulfill the required Roles & Responsibilities and competencies of an Associate trainer, as well as qualify for 50 Content Credits (25% of the Units of Study). Typically this takes two to four complete Level One cycles. The Intern demonstrates skill and competence in order to advance to the next level of the Academy. Readiness for advancement is not measured by the time put in.

Essential Duties:

- Assists and supports the program organization, administration and logistics.
- Learns, studies and gains knowledge of the curriculum by preparing lesson plans for small segments of the curriculum which will be reviewed by the Mentoring Lead Trainer, with opportunities to teach under the direct supervision of the mentoring Lead Trainer.
- Facilitates small groups e.g. check-in; practicum; home study etc.
- Prepares and teaches Kundalini Yoga Kriyas and meditations.
- Works with and supports all members of the team.

Role Purpose:

- To assist in the delivery of Level 1 Teacher Training programs in order to gain a comprehension of all of the program's components and dynamics and the syntax of how they fit together to transform students into Level One Instructors.
- To develop the Trainer Competencies necessary to successfully fulfill the Intern's Roles & Responsibilities in preparation for moving to the Associate level.
- To qualify for 50 Content Credits (25%) in the Units of Study.

Reporting Relationships: The Intern works and contributes as a support to a Trainer Team reporting directly to the Mentoring Lead trainer, with input from other trainers (as assigned).

Primary Responsibilities

Spiritual & Self Development

- Develops greater self awareness by identifying one's own strengths and weaknesses.
- Teaches in the neutral space of the Golden Chain.
- Commits to regular daily practice of yoga and meditation; sadhana.

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Communication

- Clearly presents ideas, feedback and suggestions to trainers and attendees of the Level I course.
- Listens for comprehension and follows up with questions or concerns to validate understanding.
- Articulates clearly and concisely.
- Facilitates information sharing within small groups.
- Gains an understanding of when to share or hold confidential information about individuals.
- Communicates student status and concerns (as necessary) to the appropriate Team member.

Teamwork

- Shares responsibility and accountability for delegated tasks.
- Actively encourages student participation.
- Participates in the review, evaluation and grading of homework, exams, and other activities as assigned by the Lead Trainer.
- Develops and deepens ability to work successfully with the training team and students.
- Gains experience providing feedback to and receiving feedback from all Trainers within the Program at the appropriate time and place.

Trainer Development

- Observes and documents the Trainers delivery of training topics and sequence; maintains the ability to be a “student”.
- Studies under the supervision of Lead trainer.
- Completes self-appraisal on teaching performance.
- Creates an individual development plan for self and discusses with Mentor (see Mentor Mentee Agreement).
- Completes activities as outlined in the individual development plan (IDP).
- Develops and delivers topic workshops to deepen yogic knowledge and trainer skills.

Training Delivery

- Gains insight into development of course curriculum; lecture, experiential learning methods and group dynamics.
- Learns how to identify and evaluate learning and performance issues of students.
- Gains insight into and experience with the established course structures.
- Conducts the student-teacher practicum evaluations and guides group feedback.
- Gains an awareness of how a student’s experience or training in a non-Kundalini school of yoga or related disciplines may impact the students’ teaching style.

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Program Planning & Administration

- Arranges for training materials, equipment, and facilities.
- Provides in-class program support as needed.
- Supports the tracking of all materials covered throughout the duration of the program (kriyas, meditations, DVDs, etc.)
- Monitors and collects information on student activities, i.e. completed homework, class attendance, student evaluations, etc.
- Gains exposure to any interview process utilized during the course, (pre-interviews, exit interviews, etc.)

Leadership

- Gains insight and examples into motivating students (lets students figure it out for themselves).
- Promotes understanding of the Teachings by sharing personal experiences as appropriate.
- Supports the Trainer team staying on track while recognizing appropriate changes to the teaching schedule.

Relationship & Community Building

- Pursues opportunities to remain involved with the community; Maintains a good reputation in the community (as active or leader participant).
- Works to build community; Provides service to the community; Demonstrates attitude of service/seva, (beyond teaching).
- Connects students to larger international community of KY teachers promoting IKYTA and/or National Associations.
- Works and cooperates with others, supporting, assisting or leading, as needed.
- Stays connected to the trainer community as an active and contributing member of the local, regional and international community of Kundalini Yoga Teacher Trainers.

KRI Requirements

- Fully Level Two certified.
- Abides by the KY Teachers Code of Excellence and Code of Professional Standards of a Kundalini Yoga Teacher and represents the Golden Chain.
- Attends at least one major KRI, IKYTA or 3HO Event every year.
- Continues to teach KY classes.
- Interns do not license yearly with KRI; it's covered in their application fee.