

European Trainer Forum 2018

Trainer Academy Discussion by Role

Interns

Facilitator: Satwant Kaur

Note taker: Preet kaur

Email: preetkaur108@yahoo.co.uk

Discussion topics:

Competency vs Levels of Teacher Training

How to be supported in the academy

List of participants:

Harmanjot Kaur, Germany

Indra Kaur

Preet Kaur

Giandev Kaur

Guru Bhagat Singh

Siri Nirinjan Kaur

Sat Nishan kaur

Kaline/Gianjot

Tej Tej Pratap Kaur, Finland

Write down ideas that you group comes up with during the discussion:

- If intern is ready to teach a topic they shouldn't have to wait until they are into the next level to teach
- Not always easy to be given bench time to teach in order to progress as a trainer
- Can the application process be simplified?
- Can we have access to anyone from the next level to help us with the application to the next level.
- Find ways to build more community amongst trainers for a forum where we can count for help.
- Is it possible to have a live link to the forum so those who are not possible to attend can be present? Or have local meetings in different countries.

Are there any questions that need clarification about your topic?

Please summarize the key points, highlights and any specific recommendation from your group discussion:

Associates

Facilitator: Mahanraj Kaur

Note taker: Karam Prem Kaur

Email: karamprem@yogaprem.se

Discussion topics:

- What is needed?
- What are our problems?

List of participants:

Siri Kirpal Kaur, Germany	Lakhmi Chand Singh, Spain	Saribjit Singh, Italy
Jodha Kaur, Germany	Jai Hari kaur, Spain	Sat Puran Kaur, Israel
Ramdesb Singh, Sweden	Karta Purkh Singh	

Write down ideas that you group comes up with during the discussion:

We need improvement (ie we have problems)

- Portal: problem to upload documents
- We think there is too much paperwork! Where does it go? What is it used for?
- We would like to have a better/cleaner connection KRI- 3HO – ATA
- Move text/content of the IKYTA/NA in L1 Manual

Are there any questions that need clarification about your topic?

Please clarify what a 3HO event is?

We are asked to participate in 3HO event every year, why? Purpose?

Is this realistic for everyone? Not 3HO event in all countries.

Too high cost to be in 3HO event.

Please define 3HO event

In the L1 manual move text on prosperity

Please summarize the key points, highlights and any specific recommendation from your group discussion:

Cost to participate in the forums is too high

Good to review the guidelines for mentoring: contract / mentor mentee

Big differences between mentors: what they do, how and when. How much and if they charge.

Professionals

Facilitator:

Note taker: Seva Kaur

Email:

Discussion topics:

Sutra and KRI structure

List of participants:

Ardaas Singh	Ardaas Kaur	Avtar kaur
Karta Singh	Hari Devta Kaur	Siri Kar Singh
Siri Sadhana kaur	Hari Bhajan Kaur	Gurpreet Kaur

Write down ideas that you group comes up with during the discussion:

- Technological aspect
- To know what KRI office is doing what?
- How to get the trainers more involved? In what kind of decisions? In which ways?

Are there any questions that need clarification about your topic?

- Inform better or in simple way how sutra works
- After all comments in Sutra, who is taking the final decisions? Based on what? Are the Lead trainers reviewing it for approval?
- More clarification of each domain in the structure of the organization on all the different websites. For example: what is the use/function of the National Associations?
-

Please summarize the key points, highlights and any specific recommendation from your group discussion:

- Add on Sutra the status on each topic: "first draft", 2nd draft,
- All emails should be sent to all levels: Intern, Associate, professional, leads
- Empowering ourselves participating in Sutra

Professionals_group 2

Facilitator:

Note taker: Charlotte Astrom

Email: charlotte@yogahuset.se

Discussion topics:

List of participants:

Livtar Kaur, UK

Angard Kaur, UK

Sat Darshan Kaur, Finland

Har Anand kaur, Poland

Sahib Kaur, Germany

Pernille, Angad DK

Gur Suraj Singh, Germ

Brigitta Hari Dharam, SE

Satwant Kaur, UK

Write down ideas that you group comes up with during the discussion:

Long stage, what is your intent, to be a Lead

Waiting for the next step of life, career, progress, new challenges

Many leads tired/ burnt out – shouldn't be so

Is there a smarter way

A feminine way

Are there any questions that need clarification about your topic?

How can our (trainer) health/ sustaining, long term

How can KY be relevant and interesting for corporate world who also suffer from burnout.

Please summarize the key points, highlights and any specific recommendation from your group discussion:

Hours in TT:

Address the groups who thinks what

- If miss hours than make up with assignments
- If arrive late or leave early
- Commitment

Contact hours if challenged

2 times 5 days

protocols can be a help

the "superhuman" trainer - can we be human... share how we keep ourselves healthy

promote relax 15 min.

Leads

Facilitator:

Note taker: Avtar Kaur, Rome

Email:

Discussion topics:

- What is going on that is relevant to the teachings?

List of participants:

Avtar Kaur, UK Italy	Kirpal Singh, DE FR	Bachitar Kaur, DE
Guru Jagat Kaur, France	Guru Shabad, Italy	Sat Hari Kaur, Italy
Guru Sahai Kaur, IR	Sat Hari Singh, DE	Hari Krishan S, DE NE
Siri Pritam Kaur, DE	Sohung Kaur, Italy DE	Sat Mitar Kaur, France
Sangit Kaur, Italy	Sat Mukh Singh, France	Bibi Nanaki Kaur, DE
Jai Kartar Kaur, IR USA	Kair, DE	Hari Nam kaur, ESP
Sukhdev Kaur, Mexico ESP	Sat Nishan Kaur	

Write down ideas that you group comes up with during the discussion:

- How can the direct + “wild” intensity of YB teachings be transmitted to the new young trainees who know nothing about yoga?
- How do you deal with having your personal wounds being touched by students when you are holding a training?
- Do people have experience of organizing national yoga festivals?
- What space do we give in 3HO/ATA for the phenomenon of teachers/trainers growing older?
- Training the parasympathetic N S (as a trainer)?
- How to deal with cycle of life as a teacher – trainer + parent?
- We would like these points to be discussed in OST tomorrow.

Are there any questions that need clarification about your topic?

Please summarize the key points, highlights and any specific recommendation from your group discussion:

Mentoring Leads

Facilitator:

Note taker: Jivan Mukta Singh

Email: jivanmukta@yogalafontaine.com

Discussion topics:

- Local-global
- The mentors fee
- How to deal with a lot of mentees

List of participants:

Satya Kaur	Guru Marka Singh	Hariang Kaur
Shiv Charan Singh	Tarn Taran Singh	Nirmal Singh
Sat Sarbat	Ranjit Singh	Dharam Singh
Ravi Kaur	Ishwara Kaur	Gurujiwan kaur Italy

Write down ideas that you group comes up with during the discussion:

- Rejecting / stopping the process of an intern
- To be a lifelong intern is a noble existence as to be a Lead
- How to delegate more to the local level, language – to grow things bottom up not just top down
- If we don't actively involve people in the local communities to grow and excel, then they will exclude them.
- Many formulas to change interns

Are there any questions that need clarification about your topic?

Please summarize the key points, highlights and any specific recommendation from your group discussion:

Exchange between local communities, so everyone is including and had access to global community

To handle a lot of mentees is to be done in a conscious and contractual way.