

More Rest & Less Hustle

A self reflection guide for Pilates Instructors, filled with tools to help you switch off and redefine your teaching values.





**Hey There, I'm Sarah, creator
of The Pilates Playbook
& Nomad Pilates, a place for
creative, innovative and
adventurous instructors.**

I'm one part Pilates teacher and one part graphic designer. I was a former elite athlete turned Pilates instructor and I love the variety of using both my skills sets to make a living. You can read more about me [here](#).

Everything I create is for the modern Pilates instructor who wants to do more than just teach 30 + hours a week. I'm a big believer in doing meaningful work that challenges you, excites you and pushes you outside your comfort zone.

About this Guide

As instructors, we are also our own business and brand so we need to make sure that we are just as much a priority as anything else we are trying to achieve.

When we constantly give our energy and care to our clients or to the next project we are working on it sometimes becomes easy to get caught up in the 'hustle' of it all which can leave us feeling burnt out and uninspired.

This guide helps you figure out how to make 'me time' a part of your schedule! It gives you exercises that help you unplug, find clarity and reconnect with our values so you will walk away feeling rejuvenated and refreshed without having to spend 7 days on a retreat!

BEFORE YOU JUMP IN....

We can't operate at 100% all of the time and we can't always be productive. But in a quest to constantly learn, to impress others and be the best versions of ourselves, we quickly forget the importance of how **rest and reflection actually impact our ability to learn and grow.**

In a contract driven industry it's all too easy to be busy running from class to class without taking the time to consider what it is you actually want, what kind of instructor you want to be and how your everyday actions and choices are impacting your energy, lifestyle and development.

“Get to know what things ‘zap’ your energy
and what things give you energy”

Taking time out to rest, to switch off and for reflection enables you to shape your own version of success, to stop comparing yourself to others, and to move from a constant uneasy nagging in your mind telling you to be productive, to accepting where you are at and using your time in a way that feels fulfilling.

Keeping a deep connection to why you started teaching is vital to maintaining a growth mindset and becoming a great teacher. It's so important as busy, creative instructors to take some time out for rest, reflection and to really consider what's most important to you.

Figuring out how you like to communicate and connect with others and what your values are keeps you progressing, helps you see where the gaps are in your teaching and understand what makes you unique. It also empowers you to start saying NO to things that don't align with you, without the guilt.

Here are some questions to help you figure out:

- What's unique about your teaching style
- What you're working towards
- Alligning your values with your place of work

THE Q's

The process will involve a fair bit of self-reflection and will ask you to **look into your own character**. Your personality, your story and **life experience are all intrinsically linked** to your unique teaching style.

What sort of language do you use when teaching? Is it playful or formal, energetic or gentle, loud or reserved?

What are you comfortable teaching? What are you uncomfortable teaching? i.e types of exercises, clinical or group classes, types of people?

What, who, where do you like teaching and don't you like teaching? List as many as you can

How do you feel when you are standing in front of a class? How do you want to feel?

What studios do you love teaching in or attending and why do you love them? what are there values?

What are the 3 things clients always say about you or about the classes you teach?

What makes you feel alive, energised and reminds you of who you are? What zaps your energy?

Where do you draw inspiration and how do you connect with the wider community?

START / STOP EXERCISE

Ever come away from a few hours teaching in one place or with one group of people and just feel completely drained but at a different place with the same hours and different group of people you bounce away feeling completely energised? Well we want you to feel more like that more often. So this Start/Stop exercises is a great way to help you identify where the gaps are so you can take steps each day to do more of the things that fill you up.

My START List

Things that fill me up, people that give me energy, places that make me feel inspired. Things that feel easy, more self practice, more connections with the community)

My STOP List

Things that feel like an obligation, people and places that drain my energy, behaviors that make my vibe low (social media? comparison syndrome?)

YOUR UNIQUE VIBE

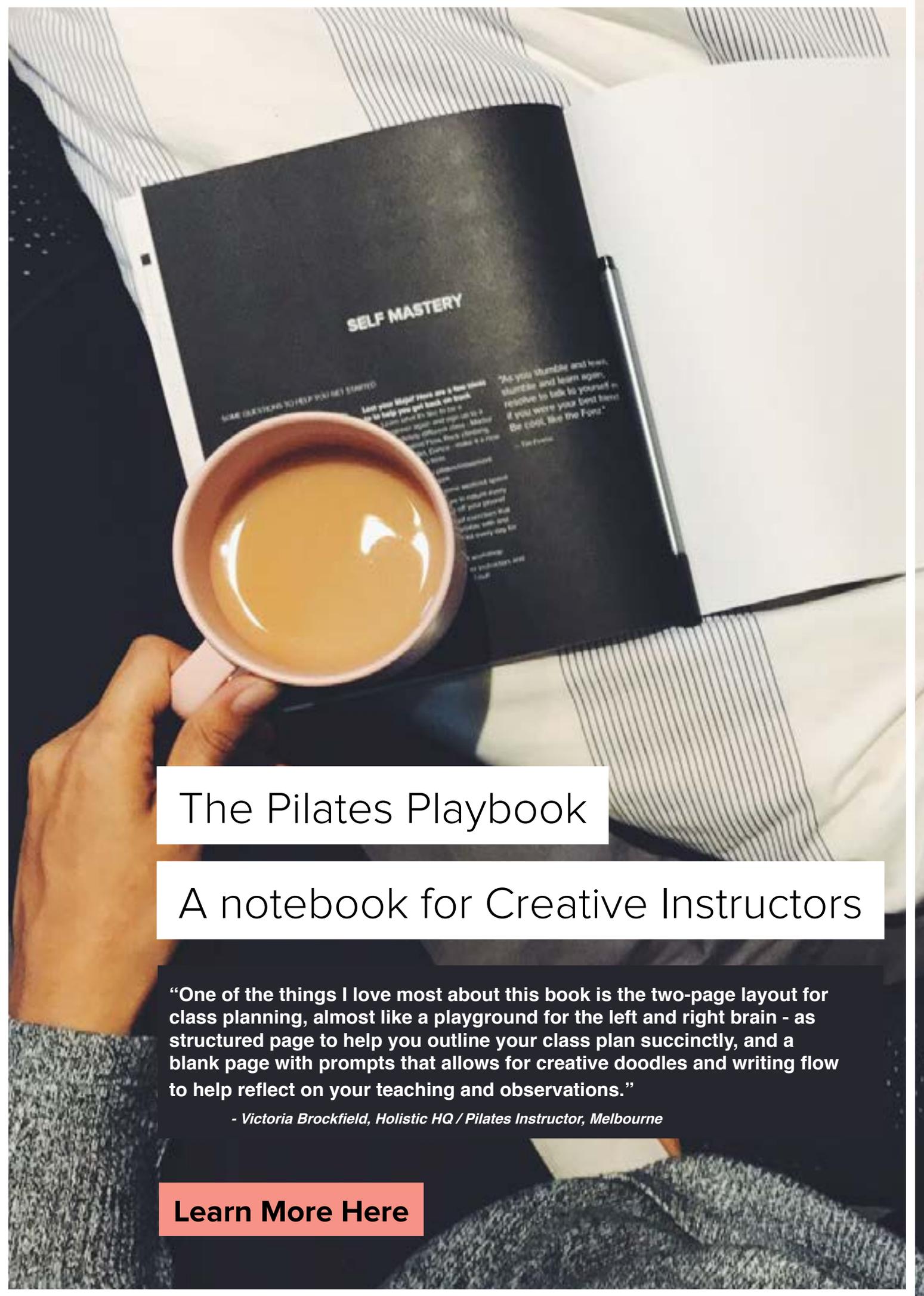
With those questions answered, it's time to bring it all together and start thinking about how this will transfer into your everyday actions, how it will impact where you work and making sure those workplaces align with your core values, teaching style and objectives.

What are your top 3 values

Your teaching language/communication style

How will you make time each week or each month to rest and switch off so you can feel more energised ! Do you need to adjust your schedule?

Your teaching objective for the next 6 months



The Pilates Playbook

A notebook for Creative Instructors

“One of the things I love most about this book is the two-page layout for class planning, almost like a playground for the left and right brain - as structured page to help you outline your class plan succinctly, and a blank page with prompts that allows for creative doodles and writing flow to help reflect on your teaching and observations.”

- Victoria Brockfield, Holistic HQ / Pilates Instructor, Melbourne

[Learn More Here](#)

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PLAY.LEARN.GROW

