

MENTOR PROGRAMME WITH WILL WHEELER

2021



WILL WHEELER YOGA

OVERVIEW

This is a one-year coaching and mentor programme.

The project is designed around your goals and learning needs, which set out to enhance your yoga teaching skills and business development in the wellness industry.

We'll work together to look for areas for growth, and we'll set learning objectives and intentions to accelerate your career to the next level.

The work and education involves development as both a yoga teacher and a business professional in the health and wellness industry. You'll be given access to opportunities as well as a series of meetings, all of which aim to generate the tools you'll need to thrive.

I'll provide all of the resources, tools and first-hand experience to get you moving forward. You'll feel confident having had a range of one to one meetings, on site assisting experience and shadow work.



Highlights include; an opportunity to assist a retreat and understand the business side of retreat organisation and management. I'll share and expand on various coaching/business tips to help you build your brand and set some goals and vision work, which will last well beyond the year.

WHAT WE'LL COVER

OUR ONE-YEAR MENTORSHIP AND COACHING PROJECT WILL COVER:

- Foundations and USP. Who are you, what do you bring to your teaching and where do you sit in the market.
- How to build a successful retreat.
- Your yoga classes – including both studio teaching skills and online yoga enhancements to create clear and precise digital yoga lessons.
- Teaching skills; you'll cover presentation and voice work, gaining confidence when teaching and finding your vocal freedom and voice as an instructor. This will be a practical session in a small group.
- Resources and professional contacts; I'll introduce you to other leading industry figures who can inspire and uplift your goals; you'll also have various resources to draw on from playlists, podcasts, reading extracts to continue to motivate and educate you.
- A space for you: expert coaching in areas that you're looking to gain more knowledge in. You'll also take part in journaling, reflective work, visualisations and meditations to bring all this work together.
- Goals; two meetings per month will keep you on track and held to account.
- Finding freedom; exploring your love of yoga and sharing it in your classes and your business development. This is toward the end of the programme, where you'll be set free with a wealth of great skills having had a year of practice/training behind you.

WHAT'S INCLUDED

PROGRAMME INCLUDES

- Two catch-ups a month via phone-calls, Zoom or in-person meetings over a coffee or tea.
- Assisting opportunities at LEVELSIX, external events with Will, plus the opportunity for large-scale assisting work such as retreats in the UK, Europe and Sri Lanka.

London opportunities:

Develop yoga experience with partner brands.

These include my partner and affiliate brands, including but not limited to; Lululemon, Mindful Chef, Vivo Barefoot, Recovapro, Malin+Goetz, Levelsix and Yoga On A Shoestring.

LEVELSIX Peckham:

Every six months you'll be issued with a six-class card for the studio to enjoy classes and meet new teachers. You'll have an opportunity to book space (for free) at Levelsix for photoshoots, practise classes and any charitable events.



LEVELSIX CIC:

The studio has recently set up a community interest company. You'll have an opportunity to ask questions and find out how an independent local studio works and how it manages a separate charitable arm, you'll be able to run projects via this new scheme and tap into interest areas for you, such as community health.

Festivals, retreats & away days:

I cover key events which include;

- Glastonbury Festival
- I work with a corporate brand in the Cotswolds to deliver an exciting and unique event sharing yoga and mindfulness
- 6 retreats including Norfolk, Lake District, Spain, Morocco, Italy and Sri Lanka.
- Yoga and facials evenings with skincare brand Malin+Goetz

Community initiatives

I've set up a friendly chair yoga series for older women of South Asian origin in Peckham; this is led by a female yoga teacher (Sunita Devi) and an aromatherapist (Fatima Hammal). You'll learn how to create events of your own like this and work on networking, securing funding and project management.

I also work with BlindAid who work with LEVELSIX to co deliver a session for those who are blind and visually impaired. We work with volunteers, our kitchen staff and yoga teachers to give them a wholesome and safe enjoyable movement experience.

WILL'S MISSION

I will offer an honest and approachable mentor programme, with my aim to share knowledge and empower my mentee. I will share a history of examples of what has worked for me (as well as what hasn't worked!) to best guide you and give you a platform of success. The programme is designed to be enjoyable and support you in various aspects of life, business and your yoga career. I want you to feel and be your best.

This is a unique opportunity for new teachers looking to enhance their business skills, refine their offering and wanting to take their career to the next level. I can't wait to support you!



Prices

- £96 per month (students or those earning a smaller income)
- £122 per month (those working full time)

Make a payment

You can make a payment via PayPal @[willwheelryoga](mailto:willwheelryoga@gmail.com) or a bank transfer. Please ask for details via email.

Terms

The project spans 12 months continuously. You can pause for a month due to studies, health reasons but the entire programme should not stretch over 14 months. You can pay monthly by DD, 6 monthly or upfront. I am open to all options and making this accessible for all people. Retreats may be charged at an additional fee to cover your expenses and you'll be required to cover any travel costs incurred.