

## **SFIC Mentor Meeting – Chat Notes**

### **How to ease candidates into independent teaching and to support them during their time with you**

- Encourage mentee to start with 5-minute increments e.g. warm up, then cool down, progressing to balance, etc. usually aerobics 20 minutes last.
- Instructors meet quarterly for PD and peer mentoring. Is fantastic for discussing lots of issues and challenges. Our mentees also are invited to join in!

### **How to increase fun safely during class**

- Do memory challenges during a boring bicep curl set!
- Share a list of words at beginning of class and then ask them to remember them later.
- Ask silly questions of the day while they are doing the various movements or exercises. For example, what is your favourite restaurant or do you use a manual or electric toothbrush etc.
- Plan theme days with costumes, music.