

Seattle Hakomi Education Network

Attributes for Teachers

Production of Workshops

- Ability to enroll sufficient participants for workshop
- Ability to locate and prepare appropriate training space
- Ability to manage the details necessary for registering, confirming and welcoming participants in a professional manner
- Ability to manage the logistics of food acquisition and preparation

Teaching of Workshops

- Ability to understand and communicate the principles of Hakomi in a way that is both understandable and personal
- Ability to present exercises in a way that is clear and understandable
- Ability to facilitate small and large group exercises in a way that comforts participants without leading them into "the deep end".
- Ability to track the present state of the group in order to change the pace or substitute an exercise when necessary.
- Ability to provide a container for strong emotions should they arise and find a resolution appropriate to the workshop setting
- Ability to coach small group exercises by providing enough guidance for learning without taking over the process
- Ability to manage the timing of the workshop so that appropriate content is covered and agreements are kept regarding lunch, breaks and ending times

Workshop Completion and Recordkeeping

- Ability to manage the evaluation process by allowing sufficient time and providing appropriate forms
- Ability to collect and disburse funds accurately and in a timely manner
- Ability to keep accurate financial records
- Ability to collect and disburse participant information as required/requested

Overall Skills/Abilities

- Ability to self-assess and continue to improve performance over time
- Ability to maintain a sense of personal presence and awareness
- Ability to communicate with colleagues clearly and directly throughout the teaching process
- Ability to assess needs and participate in good self care during the workshop process