

# Transcript: Setting Goals with Lara Land

**Speaker 1** [00:00:02] Although my advanced trades, I'm very excited to bring this video to you. In our first training, we talk about not having goals.

I don't know if you remember that part. So a little bit review and usually that comes at the end of the training time, right? We talk about mindfulness as a yoga teacher and really being in the moment, not setting up goals for yourself, for your students, other than being present with what's there each week.

Great, because we talk a lot about that. Students may not return week after week that things aren't linear and you can set yourself up for disappointment, both yourself as a teacher and the students when you set these goals for the classroom.

Now, as an advanced trauma informed teacher, you might start to work gently with goals. And I'll give you some ideas on how one might do that, if it makes sense, if it feels right for your students now, you're going to have to be really, really skilled because you're working in a group context.

So you have many different people with different goals and desires for showing up to your class and you're trying to meet all those different goals with everyone in the room at the same time. So that's a lot of jumping, jumping jacks. So we do moves and molding and adjustments that you're doing within yourself to help, you know, the different individuals meet their goals. You're not doing a class goal, so you're not doing like classes, starting with, you know, no one can balance. And by the end of six weeks, let's all balance.

You're working with individuals on their individual goals. So how do you know what those goals are? Right? What do you how do you know why a person came to class, what they want to get out of it? Well, this can be tricky because people don't always know why they're there. You know, they might have a sense, like, I heard this is good for me, but they don't really know why they're there or they might not be able to express through words really why they're there.

Are there their words, you know? Something gets lost in translation, right? When they explain it to you, you may not fully understand or they may not use the words that you would use. So kind of translating what is under the words, looking at them as they're talking to you maybe about what's behind their their reasoning for coming to class. And they might say, like, my goal is, you know, to come every week. Well, what is the real the deeper thing, I would ask? What is it you're hoping to get from coming every week?

Right. So do we need to come every week to get at that thing? So their goal might be to feel better, to sleep, better, to relax. Right. And so you want to kind of speak to that. The practices are going toward the larger goal, and there's not a miss idea misunderstanding about I need to do this and this to get there. That's really important. Maybe they want to just feel better in their skin or neck to spirit. And then, of course, goals change. When we get into the practice, everything changes. So the reasons that we keep showing up could be very different from why we showed up in the beginning. In the beginning, I just wanted to, like, get strong, get fit, and now you're was much more of a nervous system, regulation and spiritual practice.

So things change. So this is something we're constantly evaluating. So you're not working on last week's goal with your student when there are like three months ahead. You're not saying every single day you might have pointed out everyone say one thing. They're trying to get out of practice today. You might take an intake form when folks show up. So I'm having some questions. What would you ask on an intake form? How could you set that up in your yoga studio or in your online business that people answer some questions for you, like about what what their intentions are? I do that with folks when they're interested in my coaching sessions.

First, they have to answer some questions so I can get a sense of what brought them here. So think about I ask you, what kinds of questions would you ask? What brought you here? Have you done yoga before? What are you thinking comes of this? What what are you hoping to get out of this today? What have you tried before? What do you think could keep you engaged with this week after week? What's worked for you and what other support do you have in reaching these goals? Do they feel realistic to you? How far do you feel from from your goal or your intention? These are some starting questions and then you may want to ask yourself one Would I check back in? Is it one week, two weeks, three weeks? By the way, you might not do it as an intake form, right?

You might do it as a as a pre practice interview, like a cup, a couple of minutes connecting with each person or only on the first time that they come. So there's lots of different ways to do this. And then you might check back in with people at different phases. Maybe when you see something's changed or maybe just checking in every week or two weeks or monthly check ins saying, what's working here? You know, I always start with what's working, and this is something that gets left out a lot or is missing. A lot of people always want to jump to how can we fix things, focusing on the problem that a lot of times we can learn a lot from focusing on what's working here, what's working for you about this.

Then maybe, you know, where can we tweak? This one isn't working. Is it how we're approaching the goal? Is it in our relationship? Is it maybe that this goal doesn't make sense as intention doesn't make sense? And maybe we thought we could do more than we could, or we had just unrealistic expectations. And maybe none of it matters now. We're just so happy to be here. So things shift. We're going to be constantly asking these questions of our students. And of ourselves. Awesome.