

Learning to Teach : Practising the Principles. On-line workshop 4th October 2020.

Transcript of plenary session. Attendees included some Johannesburg ATI teaching members + current ATLTP training programmes participants.

Notes :

1. Several active, ATI certificated teachers apologies were noted.
2. An initial is used to indicate speakers stage of development - please reference the poster for details.

F. (ATLTP stage 3.2) : Just looking at the poster and thinking about the teaching that we've been through and inculcating in my reflection what has happened this year I'm conscious that your methods of teaching have always been to adapt and to be responsive. What the poster illustrates and what I feel strongly is that in Lucia's introduction she said that you wanted to come to South Africa and see what that would mean and seeing what that would mean is exactly what you did in terms of how people could interact with a training course here. Whether it was blended learning or it was face to face or it was ... and, and ...you inculcated in us a level of flexibility around the learning and a sense that it was always going on that was useful and that has meant for us meant that the transition into having lessons with you on-line far far away in this period has been smoother because we were ready for it.

K. (ATLTP graduate, preparing for sponsorship) : Can I jump in here ? This is actually something I've been wanting to say in a group session but [ermm] couldn't find the right opportunity so I'm going to now - my training really began, just prior to the two of you with Nanette [ermm] the point of ATLTP for me was that, in a selfish kind of way that I needed to shape the course around the what I was doing in my life at the time. I could get that from the training course and the two of you but I what I won't forget though is that the very first meeting when I met you in person and now right at the end of my training and I'm getting ready to go out, is the thing that I remember the both of you saying - and I won't forget it - you said " We are going to make you a teacher, we are going to make you a **confident** teacher and we are going to get you ready to go out there and do it. And I can say to everybody that is still in training or just about to finish - or has just finished, that is a promise that you kept. And. I do feel confident, I do feel ready and all of it happened indirectly.

Sharyn : we learned from people who taught for their whole lives - in their 70's and they got to training teachers - that is our work ethic. Teaching people to teach and learning to teach from teaching. Right from the word go - if they want to teach, that's the programme they are going to take and to help shape. Because with us you will do the work. And you learn with others (group work) who are coming to see if they want this work ... and at the same time, you are given your training in that group, mixed ability, mixed commitment, mixed motivation group. [Plus one-to-one observations].

Lucia : A very important thing about Alexander Teacher Training is from that work - that work on yourself - it comes back to what is primary - watching your own learning : how to teach and how to be confident.

Sharyn : Keith you've spent all your years, even those not with us, applying anything that meant anything for your self teaching your commitment is why you are where you are yes I stepped up with my promise - but yes - doing the work is the work - its not our theory,

its the work, based on the principle inherent in the claim : IT MUST BE SOMETHING I'M DOING.

M (ATLTP graduate, ATI cert.) : I just want to add my piece in - so when we first started training it was a very different world, and ya I appreciated the way that you both accommodated me in the position I was in. One thing that I wanted to say that has really stuck with me all this time ... I remember that first session with you and we spoke about tensesgrity and I thought: " Aaah this is cool. The one thing that has stuck with me, and has always stuck with me, is when you said : you mentioned the lens, you said we want you to have this to be the lens through which you experience the world. Also its always stuck with me how it was a gradual thing. In the beginning looking through the poster now, looking through the levels of learning/competency there were many moments when I'll be like " aaagh I I don't think I've got it". But then getting to "Oh, I think I've got it..." So that what I wanted to mention now - its that lens, through which I still experience the world.

Sharyn : Wilfred Barlow has that view of kinds of teacher, he writes What kind of teacher are you going to be ? Are you going to stop at graduation and just teach the thing that you know you are comfortable with because you can teach it like that. H suggests that article 5 kinds of teacher, that's the third and there's one "Its a life sentence. " That's the fifth. Is that the lens ??

[M laughs and nods. Everyone laughs.]

Sharyn : We'll be on this journey together, this is just today. Thanks M. Thanks so much. I must put the Lens on the poster, let's get that on a poster

D. (ATLTP graduate, preparing for sponsorship) : Umm I'll add. I think I - right from the beginning, because I didn't start with you guys to be a teacher at the outset - it happened a year later. But right from that first intensive week I knew that if I wanted anything to change I'd have to do the thing, I'd have to engage and I'd have to practice and I'd have to spend the time doing whatever I was doing at that point - or not doing - and then I chose to go into the training programme because I'd noticed all the changes, the indirect going about things I upped the amount of time I spent doing investigation and finding out what I could find and because of the way that contact was structured. Sometimes i would go a little off the rails and you'd have to guide me back onto the rails, then I'd go off in another way and you'd have to guide me back on and I actually found the going off the rails moments was where I learned the most. I had to go into those parts of myself, see that thing and you would say "Ok, now you've seen that thing, now what are you going to do about it." And then kind of be guided back, then the whole thing for me has been a bit of that (gestures plaiting of sorts) and I guess that is also the indirect sort of thing of getting us there.

Sharyn. Every learner has to go their journey hey ?

S. (ATLTP stage 3.1/2) : What I find what I've learned a lot from the training course is about discipline and uhhh its all about self-discipline and to grasp and practise the principles of the work that I learn from both Sharyn and Lucia and also I find the contact sessions work so well in a way that it often re-affirm what I am learning and if I am on the right track and my recent experience that I like to share with you. A few days ago I woke up in the morning I found that my left arm is not functioning as normal - I fell asleep on the couch and it pushed a nerve so I've been struggling with my left arm and then I realise

how much AT is in me that its really helping me and its part of me and I find that without it I will not be able to continue with my practical existence ... and having that realisation and discovery I find that I'm at a point of wanting to share the technique with more people. So, because in my daily interactions with others I see how many others can benefit from the technique. So this is what I have been doing, I can reach out and speak to a few friends and make arrangements with them that when I am better we are going to have a series of introductory lessons and two of them have agreed so I'm really looking forward to them and see how much I'm able to share this Technique which I believe makes a transformation of life.

Sharyn. You can record those, share with us and we then have materials to look at your progress and what you really want and to see yourself 'performing'. The thing about being abandoned to self-witness and self-evaluation is that we don't appreciate enough when we get 'the thing'. And as I have told you again and again, think that that's Alexander's story : to really get what he's exempling - that he got hold of something - and by applying and testing - he dropped the things that weren't effective by being able to follow through the 'being whole' thing to where it was effective. So, you might want company on witnessing that and if you make a video I'm getting quite good at seeing this 'thing', even in this virtual reality.

M.H-B (ATLTP; stage 2.1/2) Just to say in short - thank you for everybody's contributions I talk with you, I feel with you umm and I ,I'm just so happy that I am still completely invested in this in my life. I started feeling very sad now because I actually am missing hands-on and I'm dreaming of seeing the two of you wherever in the world.

Sharyn : Lucia spent the day yesterday on the airlines, no the airwaves checking possibilities of getting us home. This is all about wave theory and niche organs. We are going to get home. Are we all done then ? Just before, in case M needs to leave. As I said in the workshop invite : this workshop doesn't want payment - learning from teaching you guys is what this session was all about. And now, I want to ask ... Can we use this as part of the workshop as well - we can cut it so we use it as well in the post - we can edit apparently we have an expert here (Colleen Bartley) to help us with that.

M. H-B. Thanks to the expert.

All indicate consent.

Sharyn : And we won't post this till later in the week so you can think about it for longer, should you find you want to withdraw consent, or put limits - just let us know. We can happily do that.