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Yoga New Zealand Mentoring Information

“Mentoring” is a modern word that describes an integral part of the tradition of yoga throughout history. It includes the guidance given between teacher and trainee or student, as well as the ongoing professional and personal guidance necessary for all yoga teachers, at all levels of seniority and experience, as part of the continuing journey of yoga.

Although mentoring is not a requirement of ongoing membership of Yoga New Zealand, we recognise the importance of mentoring in yoga and encourage members to become involved in mentoring at all levels of membership, seniority and experience in yoga – both by being a mentor and by being mentored.

However, for those who have spent less than 12 months training to become a yoga teacher, there is a membership requirement to enter into a formal mentoring arrangement with a senior teacher to bring the length of time spent under supervision and in training, up to the minimum of 12 months. A more senior teacher refers generally to a Level 4 Yoga New Zealand registered teacher. However a Level 2 or 3 registered teacher with an appropriate background may be approved by the Yoga New Zealand Committee.

This mentoring involves undertaking regular (at least once weekly) supervised teacher training with your mentor. The mentoring can be structured in a way to best suit both you and your mentor, e.g.: teaching as a trainee teacher under supervision, assisting the teacher in class, or one-to-one professional consultation with your mentor.

Yoga New Zealand strongly recommends that a formal mentoring structure is agreed between the mentor and mentee right from the start of the process, with clear aims, expectations and responsibilities. Good records of all mentoring hours must also be kept. To this end, a sample mentoring agreement is attached which you can modify to suit your situation.

At the conclusion of the mentoring period, your mentor should provide you with a letter or other documentation confirming the length and nature of the mentoring process.

Yoga New Zealand recommends mentoring as part of all yoga teacher training courses; however, it is not a formal requirement for registration of a teacher training course by Yoga New Zealand except for courses running for less than 12 months.

Continuing Professional Development (CPD)

Mentoring can be an important part of professional development. For this reason, Yoga New Zealand allows the time spent being mentored to be counted as Continuing Professional Development (CPD). However, being a mentor does not earn CPD points as this is similar to time spent teaching. Of course, mentoring records must be kept in order to claim hours of being mentored as CPD. For the purposes of CPD, a mentor can be a Yoga New Zealand registered teacher or another senior teacher who may not be Yoga New Zealand registered.



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Mentoring Agreement Form

This mentoring agreement relates to the yoga teacher training of:

_____ the mentee
(name of YogaNZ applicant)

Under the supervision of:

_____ the mentor
(name of mentor, YogaNZ level)

Objectives of mentoring sessions:

- To promote mentees professional/personal development
- To promote the welfare of students taught by mentee
- To fulfill 12 months training requirement for YogaNZ membership
- Comprising of activities:
 - Teaching as a trainee
 - Assisting the teacher in class
 - One-on-one professional consultation

Roles and responsibilities of the mentor:

- To encourage the mentee's ongoing professional/personal development
- To challenge the mentee to validate approach and techniques used
- To monitor basic micro-skills
- To offer alternative approaches for the mentee
- To intervene where student/client welfare may be at risk
- To ensure ethical guidelines and standards are maintained

Roles and responsibilities of the mentee:

- To pay the mentor for their services
- To be punctual in attending mentoring sessions
- To uphold ethical guidelines and professional standards
- To de-identify student/client cases and written notes before discussing them with mentor
- To be open to change and consideration of alternative methods of practice'
- The mentee agrees to commit to at least one hour each week of mentoring

Optional Additional Conditions (to be agreed to by both mentee and mentor):

This Agreement is subject to written amendment or termination at any time by either mentor and mentee. If terminated mentee must contact Yoga New Zealand with details of new arrangements for mentoring.

We agree, to the best of our ability to uphold the guidelines described in this mentoring agreement and to manage the mentoring relationship and process according to the ethical principles of Yoga New Zealand.

We also agree to provide an update of the mentoring progress to Yoga New Zealand at any time should this be requested. The mentor also agrees to confirm the completion of the mentoring period and number of hours completed.

(Mentee Signature)

(Mentor Signature)