

## **Bare Essentials → Safety • Fun • Learning**

1. Not everyone taking a lesson wants to learn. However, we all will always learn... We were created to be learners, forever! Find out their dream or reason for taking a lesson.
2. People naturally try to make sense and won't do much (take chances on new things) just because they "trust you" - help them make sense. Listen to them.
3. People learn when they process - they mostly process by talking about things. So let them do most of the talking and you listen to understand what they are saying. Ask sincere, clarifying questions, trying to understand their "sense making".
4. People learn by doing. "Sense making" is a gate to "doing". If something doesn't make sense, most are more worried about it and won't "do" it. "Sense making" allows them to do, to experience, to play and make more sense. So, don't stand around and talk for too long - keep moving. Start with easy doing.
5. Try and make things at least seem easy... and fun... but then keep stepping it up.
6. Help people develop awareness by paying attention to something and then telling you about it - more sense making.
7. People get happy with dopamine when they see progress towards a valued goal - so let them pick a semi-realistic goal. Your job is to then cheer them on, pointing out and celebrating even very small victories towards the goal.
8. Make sure that you and your client are on the same page regarding some technical "givens":
  - 8.1 Stay with the skis (not behind or ahead) e.g. balancing
  - 8.2 If your skis get ahead of your body, it's easier to pull your feet back under you... actually it's impossible to "get forward"....
  - 8.3 Keep in mind the "jumping down the hill off of one foot" concept (see other papers for details)
  - 8.4 Knee is a hinge joint primarily, so use it as such - just bend it, don't twist it.
  - 8.5 Keep your hips lined up with your feet to keep the knee as a hinge joint and to use your strong glutes
  - 8.6 Allow the small of the back to round, as if landing from a hop or jump (not arched)
  - 8.7 Chill, smile and play
  - 8.8 Skis are not complex - you can tip them (edge) and point them (steer) in various directions and stand on them
  - 8.9 Where you point them will either make you go fast or slow
9. Know the "responsibility" code and stay safe!
10. Don't overdue things. There is always another day!

**HAVE FUN!**