



2023 SKY Teachers Certification Program Application

Please email this completed application back to skyschoolsdesk@iahv.org

Personal Information

First name:

Last name:

Mailing address:

City:

State, Zip Code:

Cell Phone number (required):

Email address (required):

General

How did you hear about the SKY Schools Teacher Certification Program?

What are the roles you currently fill (eg. family, work, volunteer, student)?

Professional Information

What education have you completed (college, university, certificates)?

Are you currently employed?

If employed, where do you work? (Organization Name, City, State):

If employed, how long have you worked there?

Are you currently employed in education?

Are you currently employed in a youth serving organization?

Is your employer sponsoring the cost of your training?



Service Experience

Please describe up to 2 volunteer/service experiences you have, including the

- Name of the organization
- When you served
- Location
- Population
- A description of your role and responsibilities
- A brief description of the most important things you learned and contributed through serving.

You can include relevant parts of your resume here.

The Leader You Are

Please describe any leadership experience you have, including:

- Name of the organization
- When you served
- A description of your role and responsibilities
- A brief description of the most important things you learned and contributed through leading.

You can include relevant parts of your resume here.

Other Relevant or Interesting Experience about YOU

What else would you like us to know about your work or personal life experience?

Please describe the history of your experiences with mind-body practices, including: meditation, yoga, breathing, Tai Chi, Chi Gung, Mindfulness, etc.

What are your strengths?

What is the most important thing you'd like to contribute from your talents?

What are your weaknesses?

What is the most important thing you would like to grow into?



Make a list of what motivates you.

Longer Answer Section:

Answer 2 of the 3 questions below, keep each response under 250 words.

What are the qualities of a great teacher? Tell us about a great teacher in your life.

What do you believe will have the greatest impact on improving our youth in the school system and our youth in general?

Describe the ways in which you are resilient.

Vision

What inspired you to apply for the SKY Schools Teacher Certification Program?

Do you have a vision for how SKY Schools will contribute to the world, to your local community, and to youth in general?

How do you plan to use your SKY Schools training? Please describe in detail. (in a school, a a community based organization, with parents, with educators, with youth)

Self Care and Personal Practice

Are you committed to a consistent personal practice to manage stress in your life? (meditation, breathing, mindfulness, etc.) If yes, what does this look like for you?

Certification Requirements

[] Check here to confirm that you have read the full SKY Schools Teacher Certification Program requirements (below), and understand that you will not be certified to teach on your own until successfully completing all evaluations including final evaluation at the closing retreat

*Thank you for taking the time to apply to the SKY Schools Teacher Certification Program!
Please email this completed application back to skyschoolsdesk@iahv.org*

See SKY TCP Certification Requirements Below.

CERTIFICATION PROCESS FOR SKY SCHOOLS TEACHERS



Please review the following process and requirements to become a fully Certified SKY Schools Teacher of the School Curriculum. **Note: this does not certify you to deliver SKY Breathing! You learn to facilitate many breathing practices, but not the rhythmic SKY Breath Meditation technique.**

Becoming a Certified SKY Schools Teacher – Beginner Curriculum

The *SKY Schools Teacher Certification Track* is a multi-component certification process designed to support the teacher-in-training with both the content and the practices needed to be a Teacher of the SKY Beginner Curriculum.

Upon completion of the certification track, detailed below, the candidate becomes certified to deliver the SKY Schools Beginner curriculum for ages 5-18, in a school or equivalent youth service environment.

The Beginner curriculum includes the majority of the SKY breathing practices. It does not include certification to teach the Advanced Breathing technique (SKY Breathing). Certification to instruct the Advanced Breathing (SKY Breathing) requires additional steps, including additional continuing education programs and other residential training.

Details of the SKY Schools Teacher Certification Track

1. **Prerequisite :**
 - a. SKY Breathwork and Wellness (also known as SBM /SKY Campus workshop)
 - b. SKY Silent Retreat
 - c. SKY Effortless Meditation
 - d. SKY Wellness Coaching

2. **Practice** - In preparation for the Teacher Certification Program, interested candidates are recommended to build personal familiarity and expertise in the breathing practices. Our recommendation is for candidates to enjoy weekly SKY Advanced Guided Breathing Practice follow ups.

Schedule of SKY Guided Breathing with Audio Zoom: Tiny.cc/skyhomebreathing	
Thursday	4:00 pm PT/ 6:00 pm CT/7:00 pm ET Zoom Link: https://artofliving.zoom.us/j/93242393663 (Passcode: 108108)
Mon-Fri	3:30 am PT/ 5:30 am CT/ 6:30 am ET Zoom Link: https://us02web.zoom.us/j/9359206794 (Passcode: Reiss1)



The key to being a successful facilitator of the SKY Schools curriculum, is to first become a practitioner of the tools we teach. A requirement for the Teacher Certification Program, is for the candidate to practice the SKY breathing technique for 40 straight days prior to the start of the TCP. This allows the candidate to experience the impact of regular practice of the breathing. He or she can then determine if the certification process is something they want to continue.

3. **Application Process** - Please fill out an application form, ask for 2 recommendations and complete an interview process with a representative from the TCP Desk.
4. **Teacher Certification Program*** - The training format will consist of online monthly modules for 4 months, and then come together for a closing retreat.
(For school districts opting for an 8-day in person intensive format, the following steps 5-8 will come as additional steps that will be scheduled separately.)
5. **Practice and Mentorship** - SKY Teachers in training are mentored by a certified SKY Schools teacher (Mentor) for at least two SKY Beginner programs (during this TCP training). During the first SKY for Schools Program the teacher in training co-teaches with the Mentor delivering 30% of the course material and 50% of the course material on the 2nd course. The goal is for the teacher in training to be ready to deliver the curriculum in its entirety with full fidelity at the end of the training.
6. **Deliver Beginner SKY Curriculum** - At the time that both Mentor and teacher in training feel the teacher in training is ready, he or she may begin to facilitate the SKY Schools program in accordance with the delivery guidelines outlined in the Teacher Certification Program. Note: our best practice and full program fidelity is for there to be at least 2 teachers in the room at all times, able to engage the students and support the delivery. This is not always possible but is the goal when available.
7. **Continuing Education for Maintaining Certification** - Certified SKY Schools Teachers each year attend one continuing education SKY Schools teacher retreat. Attendance keeps teaching skills fresh and allows for practice with a group. Retreats are available both nationally and locally in our target service regions (Southern and Northern California, Milwaukee, Chicago, and the Greater New York Area.)

Thank you for applying to the SKY Schools Teacher Training Course!
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