



INSTITUTE FOR THE
PSYCHOLOGY
of **EATING**

TEACHING LEADING PRESENTING



WHY THIS TOPIC

- **It's a beautiful thing to teach, to lead, present**
- **For many people, it's a natural extension of coaching**
- **We can also use aspects of the Teacher & Leader Archetypes in our private coaching sessions...**

OUR GOAL

- **Learn new distinctions around teaching, leading, presenting**
- **Understand what these are, on a deeper level**
- **Consider what's possible for yourself in these domains**

THE PRACTITIONER TO TEACHER PIPELINE

- A natural segue for practitioners: to step into teaching and/or presenting
- A personal evolution
- Can be good for business
- A great way to express one's mission, purpose and passion
- We can potentially reach more people
- A powerful personal and spiritual challenge
- It's a path...

TEACHING & PRESENTING: THEY'RE DIFFERENT

- These are **so** different, and we tend to see them as the same
- We tend to lump them into the same category
- Which does them both a disservice
- Distinguishing these out is very useful
- Let's break it down...

PRESENTING IS:

- A skill that anyone can learn
- Generally about informing - not transforming
- It's essentially a performance art
- Think: Ted Talks
- Presenting is something we do - it's not who we are
- Generally moves in one direction - you convey information
- Does not ask much of us once our presentation is complete
- You want a good presenter for a corporate audience
- A good presenter doesn't necessarily know how to teach *

WHY PRESENT

- You have something you want to talk about
- A great skill to learn, a great training for your mind
- Good for generating clients for private practice
- Good PR for you and your business
- A great way to impact people with information and inspiration
- A wonderful confidence builder
- Presenting is “teaching light”
- Not a robust (direct) money maker



TEACHING IS:

- A path and a service
- A responsibility - it asks a lot of us
- Not about the teacher, it's about the students
- A bigger undertaking than presenting
- Requires a fierce commitment
- We remember our great teachers forever
- Teaching is about awakening others
- A good teacher knows very well how to present
- You want a good teacher for your children - not a good presenter

TEACHER IS AN ARCHETYPE

- The more we stay true to the archetype, the better we are at teaching
- Teachers come from a place of purpose
- Can set aside their ego
- Can invoke selflessness
- Can go into challenging, unexplored, and edgy topics
- Are here to raise consciousness
- Willing to be a mouthpiece for a higher wisdom
- They cultivate their students...



WHY TEACH

- You feel called
- You want to impact people more deeply
- You want to expand your personal mission
- You're intrigued by the challenge
- It's very rewarding
- It's a transformational path - you will grow
- Suggestion: don't do it for the money...

HINT

- Even if you don't want to be a teacher, we often teach
- We access the teacher archetype in our coaching practice
- We access the teacher archetype in parenting
- We access the teacher archetype in our relationships
- We access the teacher archetype oftentimes in the workplace

11 TEACHING GUIDELINES

- *There's an inner game to teaching, a hidden set of metaphysics that guides the teaching process and journey. To be a good teacher then, we need to let teaching teach us. Teaching has its own agenda for us, and will put each of us through a unique set of challenges and growth experiences. This enables us to remove the inner obstacles that would stop us from being the teacher we're meant to be...*

#1

**The secret key to teaching is to understand this:
Teaching is a path, a service, a journey, a calling**

#2

**Teaching won't always give you what you want,
but will always give you exactly
what you need**

#3

**The best teachers don't see themselves as people
who do teaching,
but as people who embrace the archetype
of a teacher**

#4

Great students make great teachers



#5

**Teach to raise consciousness,
to bring people into the light, to awaken others,
to draw people into their best self and potential**



#6

**Being a good teacher is an ongoing practice
in self-acceptance, self-confidence, boldness,
and surrender to a higher mission**



#7

You'll never be 100% "ready" to teach



#8

**Teaching will challenge your ego:
Assume there will be people
who love you, and people who don't love you**

#9

Teaching is a craft
One of the key ways to improve as a teacher
is to learn the art of teaching,
and get out there and practice
your teaching

#10

**It's really true
We so often teach
what we need to learn**



1 1

**Above all else,
teaching can be magical**



THE HIDDEN ARCHITECTURE OF TEACHING

- There's an invisible, unseen structure to effective teaching
- Good teaching is therefore not an accident
- Practicing and utilizing the right teaching tools and distinctions gives us the ability to tap into the power of this hidden architecture

SOME TEACHING SKILLS

- **Own The Room**
- Teach from your queen or your king
- Assume that the room is your kingdom/queendom
- Get “bigger” than the room
- Embrace everyone and everything
- Whatever happens in the room is your responsibility

SOME TEACHING SKILLS

- **Disappear**
- Let go of your ego. Teaching is not about you
- Consider every participant in the room as fellow royalty
- You have a job to do and a service to deliver. Get out of the way
- It's not about what you say. It's about the words that are spoken through you...
- Trust the experience, the archetype...

SOME TEACHING SKILLS

- **Find Your Invisible Audience**
- Your audience exists in the invisible ethers
- You're speaking to people in a room, but you're also speaking to the collective
- It's easiest to access your invisible audience as you become more intimate with your own passion, gifts, hunger, and mission
- Your invisible audience is always with you, they show up in any room you teach in, and it's best to be aware of them as often as you can

WHAT IS A LEADER

- An archetype
- A role you can adopt in any given moment
- A leader has a vision, a mission, a direction
- A leader is willing to guide to where they've been
- A leader is willing to guide others into the unknown
- Leader a role you can adopt in a specific field, endeavor, within a group, within a circumstance, a moment

THE SECRET TO LEADING

**A leader is essentially
a servant
of the people
they lead**

WHY BE A LEADER

Because you're called, or inspired...

In any given moment



LEADERSHIP STYLES

- **A leader can lead:**
- verbally, silently, through intellect (thought leader) charisma, through actions, example, through planning, deeds, through very deliberate methods, through writing, a leader can lead behind the scenes, or publicly, in any size group, a family, in any given moment, anywhere...
- Everyone has a different leadership style...

ON LEADERSHIP

“The best leaders are those who are barely known to men. The next best are cherished and extolled. The lesser are feared, and the least of all leaders are scorned...”

Lao Tzu

WHY LEAD & TO WHERE?

- **A suggestion:**
- Lead people into greater awareness
- Lead people into their best self...
- Lead people to where they truly want to go

A GOOD LEADER...

- Starts with knowing how to lead one person – themselves
- Trusts in self
- Trusts in a higher guidance
- A good leader refrains from self attack
- A good leader stands by themselves
- And thus can stand by others

WE CAN LEARN TO BE A PRESENTER TEACHER LEADER

It's all about "calling" when it comes to teaching, leading and even presenting. It's an inner desire or drive that doesn't necessarily need to make perfect sense. A calling has its own wisdom that simply asks us to follow it...



FINAL MUSINGS: SOME QUESTIONS

- **In what ways do you find yourself teaching - clients, friends, family, loved ones, anyone**
- **In what ways do you find yourself being a leader?**
- **How is life calling you more to teach and/or lead - clients, friends, family, loved ones, anyone...**

TEACHING LEADING PRESENTING

THIS IS THE END OF
TEACHING LEADING PRESENTING
PLEASE GO TO
THE FUTURE OF NUTRITION

