

**OPTIMIZING OUR TEACHING STRATEGIES: review of what we are likely to already know but
might sometimes forget to do
Fall2025 workshop
taught by Irene Dowd
in collaboration with Stephen Williams**

Even if you don't formally think of yourself as a teacher, we all are teachers: of ourselves, our children, the people we physically train or coach, and whomever we interact with. Sometimes our communication with others is much more effective and felicitous than other times which makes us remembered as revered or reviled. In this workshop, we will focus on teaching/learning physical movement and daily life strategies for functioning effectively and with minimal unhappiness or discomfort. In this workshop, we consider the findings of motor learning research and my own findings in the teaching of movement since 1968. Particularly useful teaching strategies for optimizing learning, in my opinion, are some of the following:

- listen carefully to person's story first of all without denying their reality (often they need you to just listen to them and then they can hear you)
- ask the person what they think is going on in their body and what they think they need
- be clear about your own perceptions of what the other person is doing, but without any judgement (and your non-judgment has to be real, not just "acting")
- give positive rather than negative cues, i.e. don't just tell person that what they are doing is "wrong" but rather offer them cues/strategies of what to DO
- use language that can make sense to the other person and make sure that it does by asking them to repeat what they think you have communicated to them
- when suggesting a particular movement practice, visualization or life-style protocol
- explain WHY you are suggesting that and WHAT effect you hope it has
- carefully attend to the person's response to the particular practice you ask them to perform – remembering that their language may be different from yours and that the practices that work for one person may not be the same as for anyone else you have encountered

If we enlarge our "tool kit" for how to teach movement and how to communicate what we wish to teach, then we have a much better chance of achieving the mutual goals of both "teacher" and "student". If we let ourselves be taught by our "students", we can always become a more successful teacher who is appreciated.

Date: Saturday, November 1, 2025

Time: 2:30 - 4:30 p.m.

Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012 (northwest corner of Broadway and Houston Streets)

Pre-registration is required in any case, in order to be allowed onto Zoom site of workshop

For more information: e-mail Stephen Williams at nohostudio@yahoo.com, and/or e-mail Irene Dowd at eidcas@gmail.com

NOTE: Zoom class will be available to participants for viewing for 7 days after workshop on Zoom.

Fee: \$90 - Pay to Stephen Williams with **PayPal or Venmo**. Contact Stephen Williams at nohostudio@yahoo.com and make your payment to him. If you want to pay by check, write your check to Stephen Williams and mail to: **Noho Pilates, 611 Broadway, Suite 608, NYC 10012.**
Please make sure that you get your payment to him before the course begins so that he can send you the Zoom link, and the handouts in advance.

Payment must be made to: "Stephen Williams" by check or PayPal or Venmo. If making payment by mail, send to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC 10012