



## Podcast 19

### How to live in harmony with a co-trainer or a second instructor? , part 2

Of course, the best way to conduct classes in harmony with the other trainer is to practice the classes thoroughly and a good division of roles and tasks. However, if for various reasons this is impossible, then conducting classes together will be a challenge and improvisation. In such a situation, it is important that the trainers demonstrate:

1. mutual trust
2. Respect
3. avoided contradicting themselves
4. they avoided competing and competing who is better
5. created space for the second coach to participate
6. were attentive to the signals that flow from the partner
7. they pursued a common goal, even if they disagree with each other.

There is nothing worse than rival and conflicted coaches. Therefore, remember that sometimes for the sake of the group and the training process, it is worth giving up the aspirations of your ego. For the group, the coaches should be in agreement and pursue a common goal.

If there is any tension between you and your partner, try to clarify it during the break. Also, take advantage of opportunities to determine the course of activities and the division of roles. If you did not have time for this before or if the situation forced you to change your plans and scenario of classes, take a break and determine what to do next. A good way is also to give the group some time-consuming task, thanks to which the trainers will gain space and time to consult further actions.

It is also worth establishing a hierarchy of importance. In general, a more experienced trainer has priority of action, and a younger/less experienced trainer has a supporting role.

If for some reason you are not able to cooperate during classes, you can always share the training. You can determine exactly how much time someone has and what issues they need to carry out during this time. This is the simplest method of division of labor. Of course, it is difficult to talk about co-conducting classes in such a situation, but it is certainly a simple and safe way to work in a duo.

However, such a solution is a last resort. You will get the best results by using your full potential and predispositions. Therefore, do your best to prepare well for the classes and discuss the scenario and division of tasks in detail.

Cooperating and well-prepared trainers often create a state of delight in the group, and their actions achieve a synergy effect. Therefore, do not be afraid to co-conduct classes with another trainer – it is a great opportunity to learn and improve your workshop.

