



## Podcast 20

### How to handle changes flexibly?

Instructors, coaches and choreographers are usually self employed and this means they can benefit from self-management skills.

Examples of self-management include reliability - follow through when making a promise, staying calm and collected in a high pressure situation, time management skills, flexibility and being trustworthy.

Besides these examples, flexibility is one of the most important skills that should be improved by instructors, dance teachers and coaches. Embracing new situations should come easily, flexibility is a key element when working in the physical activities and corporal expression sector in order to be more responsive to the variety of trainees or participants attending sessions.

Flexibility is the ability to adjust to change quickly and calmly and deal with unexpected problems efficiently. It is preceded by an openness to change and a keen observation of responses that might suggest adjustment by the trainer or instructor

When working as an instructor, coach or dance teacher handling changes flexibly is a must. How? It is essential to remain optimistic and, at the same time, realistic. Also, comfortable with situations that include grieving, complaining, anxiety, and resistance.

There are 3 types of flexibility that could help instructors of physical activities and corporal expression:

1. Cognitive flexibility - the ability to incorporate different thinking strategies
2. Emotional flexibility - dealing with their own and others' emotions
3. Dispositional flexibility - or personality-related flexibility means optimism grounded in realism and openness.

