

Chudography Yoga Teacher Training

Student Support and Welfare Policy

Purpose

The purpose of this policy is to outline the support available to students throughout the Chudography Yoga Teacher Training and to promote a learning environment where every student feels safe, respected and able to succeed.

Chudography recognises that teacher training is both an educational and personal journey. While students are encouraged to develop confidence, self-awareness and resilience, they should never feel that they have to navigate challenges alone.

Chudography Principle

At Chudography, we believe that people learn best when they feel safe enough to be themselves.

Learning something new can feel exciting, challenging and, at times, uncomfortable. Moments of uncertainty are a natural part of growth, and asking for support is viewed as a strength rather than a weakness.

Our role is to provide guidance, encouragement and constructive feedback while helping students develop the confidence to think independently and become authentic teachers in their own right.

We are committed to creating a culture of kindness, curiosity and mutual respect where everyone has the opportunity to learn and contribute.

1. Our Commitment

Chudography is committed to:

- 1.1. Creating a welcoming and inclusive learning environment.
- 1.2. Treating every student with dignity, fairness and respect.
- 1.3. Providing constructive feedback throughout the course.
- 1.4. Encouraging open communication.
- 1.5. Supporting students to reach the required teaching standard.

- 1.6. Promoting wellbeing alongside professional development.
- 1.7. Respecting appropriate professional boundaries.

2. Student Support

Support available throughout the course may include:

- 2.1. Individual progress reviews.
- 2.2. Constructive feedback following teaching practices.
- 2.3. Guidance during practical sessions.
- 2.4. Opportunities to ask questions throughout the course.
- 2.5. Advice on home study and assessments.
- 2.6. Support in developing confidence as a teacher.
- 2.7. Signposting to appropriate external services where additional support may be beneficial.
- 2.8. Students are encouraged to speak with the Course Director if they require additional guidance during the training.

3. Learning Difficulties and Reasonable Adjustments

- 3.1. Chudography welcomes students with a wide range of backgrounds, experiences and learning styles.
- 3.2. Where reasonably possible, adjustments will be considered to support students in accessing the course, provided that these adjustments do not compromise the required professional standards or learning outcomes.
- 3.3. Students are encouraged to discuss any learning needs, disabilities or health conditions during the application process or at any point during the course so that appropriate support can be explored.

4. Health and Wellbeing

- 4.1. Students are encouraged to take responsibility for their own physical, emotional and mental wellbeing throughout the training.

Teacher training can be demanding, and students are encouraged to:
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- 4.2. Pace themselves appropriately.
- 4.3. Communicate any concerns that may affect their learning.
- 4.4. Seek support when needed.
- 4.5. Respect their own physical limits during practical sessions.
- 4.6. Take rest when appropriate.
- 4.7. Looking after yourself is an important part of learning to look after others.

5. Professional Boundaries

- 5.1 While Chudography provides a supportive learning environment, the teacher training is not a counselling, psychotherapy or healthcare service.
- 5.2. Tutors may offer guidance relating to learning and professional development but are not able to provide ongoing therapeutic support.
- 5.3. Where appropriate, students may be encouraged to seek support from their GP or another qualified healthcare or mental health professional.

6. Student Responsibilities

Students are expected to:

- 6.1. Engage positively with the learning process.
- 6.2. Communicate any concerns that may affect their participation.
- 6.3. Respect the wellbeing of fellow students.
- 6.4. Accept feedback with openness and professionalism.
- 6.5. Seek support early if they are experiencing difficulties.
- 6.6. Respect appropriate professional boundaries.

7. Concerns About Student Welfare

- 7.1. If a tutor becomes concerned about a student's wellbeing, they may arrange a private conversation to explore whether additional support or reasonable adjustments may be appropriate.
- 7.2. Where there are concerns regarding immediate safety, Chudography may take appropriate action in line with the Safeguarding Policy.

8. External Support

Where appropriate, students may be signposted to external organisations or professionals who are better placed to provide specialist advice or support.

Review

This policy will be reviewed annually to ensure it remains aligned with current good practice and the values of Chudography.