



## Marie Carr: Resume of teaching experience

- Light Foundation – Infinite tai chi and chi gung – teacher training course 3 years.

*Qualified and completed course – whilst doing so had many opportunities to teach individuals and classes - and be involved in many other things ie. meditation techniques, exercise programmes and skills.*

*Also alongside the course attended many workshops and classes embracing tai chi form, meditation, and relaxation and stress management practices, all to compliment the teacher training course.*

- Green Head School in Keighley, West Yorks. – Working with children who under achieve through behavioural difficulties.

*Very good results when children attended.*

- Keighley College – over three year period – standing in for other instructor/tutor when unable to be there - many hours of experience over this time.

*Always very good and encouraging feedback from students on my teaching methods and the content of classes - for interest - variety of exercise and the skills involved.*

*Valuable experience of teaching varied age groups with different levels of physical ability – Also ‘mental’ and emotional abilities also. Very positive outcomes*

- Rhodes way High School Bradford – Teachers stress and relaxation classes – Also sixth form A level (learning about holistic therapies) also confidence and skill building classes.

*Beneficial For both staff and students -Always good response and encouraging feedback*

- New Horizons Computer learning Centre - staff stress management

*Very positive and encouraging feedback.*

- Nelson Mandela Centre Leeds. – Asylum seekers and new placements -speaking very little or no English. Basic care, fitness and settlement and development skills.

*Encouraging and beneficial for those who took part.*

- Private evening classes three years running own – running workshops –1hour and day.

*Generally very good and positive feedback from students – different age groups - various levels of physical fitness and ability.*

- Demonstrations and exhibitions

*Again always very good and positive feed back - much interest in skills and content.*

- W.I group Wilsden - A group of elderly ladies of various physical abilities.

*Always positive comments and encouraging group – very helpful to all levels of physical ability – helping them very much with mental and emotional stress.*

- Woodview Day centre Crossgates Leeds – 6 week course  
*Positive feedback from those who participated – though lack of total commitment by many ‘residents’ Average age of residents was 85 years old*
- Mind Centre Bradford – staff  
*Very encouraging and positive feedback from participants regarding mental, emotional and physical wellbeing.*
- Partially Sighted Centre Headingley Leeds – A.B.A Assoc. of Blind Asians  
*Very challenging for myself as class not only cannot see very well, but do not speak and understand English very well – but very encouraging and positive feedback and results in evaluation - making real differences in peoples lives who participated.*
- Shared Care and Adoption agency –teaching stress and relaxation through tai chi.  
*Very positive and encouraging comments and results regarding physical and mental wellbeing of staff in very stressful jobs.*
- Onboard ship – teaching children and adults who asked to join in.  
*Always very encouraging and positive results. Enjoyed very much teaching and doing Tai Chi out at sea.*
- Private Sessions and Personal Home tuition  
*Very successful and encouraging results – always encouraging feedback...*
- Group and house Meetings  
*Always positive and encouraging feedback.*
- Involvement with the Positive Care Programme  
*N H S approved - Very promising and positive involvement – Tai Chi sessions came out most popular part of the programme in end of year evaluation – 92 % of people said that they found it very helpful and fulfilling – however the whole combined package/ programme was very helpful indeed to the long term ill and their carers.*
- Help the Aged – Age Concern  
Through Help the Aged and Age Concern, I worked with support groups from many Cultural communities – namely A.B.A. Society for Blind Asians, The Black Elders Group, Chinese Women’s Society, Sheik Centre - Touchstone – a Mental Health Organisation and others. Positive feedback and asked to go back on more than one Occasion.
- Carers Leeds – Mental Health  
Much interest shown by participating group.

- M.E.M.H.O - Mental Health Organisation A.G.M.
- Multiple Sclerosis Therapy Centre

Very positive results from participants – small group but very worth while.

- Armed Forces M.S. Society A.G.M. – Talk and demonstration.

. Very worthwhile – positive feedback on help and healing techniques

- Action on Pain A.G.M.

- St John's Primary School Brighouse.

Whole day celebrating Chinese New year – took the whole school class by Class through Tai Chi discipline and techniques - the kids absolutely loved it! And the staff gave very positive feedback regarding having learned much them selves about getting the best from the children in their school.

- Fitness First Gymnasium, Keighley, West Yorkshire.

- Harewood House Bank Holiday Event.

Demonstrating and encouraging people to have a go! -Very enjoyable indeed!

- The Art of Life Day Spa, Playa Arena, Tenerife.

Classes

Over the years that I have been involved with Infinite Tai Chi; both the studying and the teaching of it; I have had many varied experiences and have had the great privilege of being able to teach and work with different groups of people, of all ages and physical abilities. Overall, I believe, through evaluation and feedback, that I have been able to encourage confidence and growth in many people. The philosophy of my classes and of my teaching has been to give people a useful tool that they can use in their every day life for stress management and it has been proved that it has been very useful to many.