



## **S Factor® Teacher Training Basic & Advanced Training Frequently Asked Questions**

### **What is S Factor Teacher Training?**

S Factor Teacher Training is a rigorous program designed to prepare trainees to teach the S Factor Journey. Basic Teacher training includes the following components:

- S Factor Movement Path
- Introduction to S Factor Theory & Philosophy
- Core S Movement Breakdowns
- S Pole Breakdowns, Beginner & Intermediate
- Beginning S Factor Teaching Tools
- FFM™ (Fluid Feminine Movement) Curriculum
- S Pole 1 & S Pole 2 Curriculums
- Practical Group Teaching Experience
- Original Journey Class Curriculum, including S Strip/Tease, S Lap Dance & S Dance

### **Why should I participate in S Factor Teacher Training?**

S Factor Teacher Training is a fun, kick-ass, soul-inspiring program designed to:

- ❖ deepen your knowledge and understanding of yourself through the S Factor philosophy
- ❖ strengthen your feminine body
- ❖ connect you to a community of radiant women
- ❖ prepare you for the opportunity to become a Licensed S Factor Instructor should you desire to pursue it. Graduates may also pursue employment at S Factor studios.

Trainees who wish to be eligible for hire must successfully complete Basic Teacher Training and all shadowing requirements.

Upon completion, you will be eligible for approval to teach Levels 1-3 of the S Factor Journey classes, FFM, and all lower level single classes (ex. Super Pole 1, Pure Dance)

### **What makes someone an ideal candidate for S Factor Teacher Training?**

Ideal qualities include, but are not limited to:

- A genuine interest in and desire to improve the lives of women
- Physical endurance to train up to 8 hours per day, 4 days per week
- Comfort and ease speaking in front of groups
- Body and self-awareness



- Emotional maturity
- Self-development capacity (*i.e.: open to constructive feedback and interest in personal growth*)
- High level of professionalism

*Some experience with the S Factor movement and curriculum is highly recommended, please contact [teachertraining@sfactor.com](mailto:teachertraining@sfactor.com) for more information about how to prepare for training if you do not have prior experience.*

### **When and where will the next Teacher Training be held?**

Basic Teacher Training will take place online and in a 10-day in-person intensive session. In-person intensives will take place in California.

*\*Online sessions will be recorded; however, live participation is encouraged.*

*\*\* You must be present at both in-person intensives in order to graduate from the Basic Teacher Training Program.*

Basic Teacher Training is offered one time per year.

### **Who conducts S Factor Teacher Training?**

Teacher Training is taught by highly skilled and trained S Factor Teacher Trainers, who are on the Teacher Training Team, which includes Master Teachers and Sheila Kelley Apprentices and Proteges. Most of the Teacher Trainers have worked closely with S Factor founder, Sheila Kelley, to ensure the quality of the program matches the integrity of the S Factor brand.

### **When is the deadline to apply for S Factor Teacher Training?**

Applications will be accepted up to 7 days before training begins.

### **What is the tuition fee for Teacher Training? Is it payable in installments?**

Tuition for Basic Teacher Training is \$3,500. Tuition for Advanced Teacher Training at \$2,500. If you chose to purchase both Basic and Advanced Training, the reduced cost for purchasing both is \$5,500.

- Payment in Full for Basic Training Only - \$3500
- Payment in Full for Advanced Training Only - \$2500
- Payment in full for both Basic Training and Upper level Training: \$5500



Basic Training Payment Plan:

- Payment #1 - \$1,750 due at time of purchase
- Payment #2 - \$1,750 due 30 days before program start

Basic Training & Advanced Training Payment Plan:

- Payment #1 - \$1,500 due at time of purchase
- Payment #2 - \$1,500 due 30 days before Basic Training begins
- Payment #3 - \$2,500 due 30 days before Advanced Training begins

**What is the cancellation policy if I decide not to participate in Teacher Training?**

- **60 days out from start of training** - full refund less \$250 administrative fee
- **30 days out from start of training** - 50% refund or 100% credit to another S Factor event less a \$250 administrative fee
- **Less than 30 days out** - no refund
- **Payments made for Training are non-transferrable to another trainee in any case**

**Are there any additional costs outside the program fee?**

Yes. There is one required book, S Factor: Strip Workouts for Every Woman by Sheila Kelley ([https://www.amazon.com/Factor-Strip-Workouts-Every-Woman/dp/0761130632/ref=sr\\_1\\_1?keywords=s+factor+strip+for+every+woman&qid=1561155080&s=gateway&sr=8-1](https://www.amazon.com/Factor-Strip-Workouts-Every-Woman/dp/0761130632/ref=sr_1_1?keywords=s+factor+strip+for+every+woman&qid=1561155080&s=gateway&sr=8-1)), which should be purchased in advance. The cost of this book is approximately \$20. More details will be made available upon registration for the training.

Additionally, trainees must pay for their own transportation, food and lodging for the in person intensives, S Factor does not cover these costs nor is it included in the price of the program fee.

**Does the Teacher Training program guarantee me employment with Sheila Kelley S Factor?**

S Factor teacher training is designed to give participants a deeper understanding of the S Factor movement. In addition, S Factor teacher training can prepare participants who desire to pursue teaching. **However, as with most fitness training programs, acceptance and participation in S Factor training does not guarantee employment.** All *S Factor curriculum, movements and teaching methods are protected under Intellectual Property (IP protected) and can only be taught at an S Factor studio or by a licensed instructor.*



At the successful completion of training, participants will receive a completion certificate. This certificate may be submitted to the Studio Director at the location of the graduate's choice for employment consideration. Graduates of this program are also eligible to become S Factor Licensed Instructors and the ability to teach in your hometown! For more information please contact [teachertraining@sfactor.com](mailto:teachertraining@sfactor.com).

**What is the process for securing a spot into the program?**

Please email [teachertraining@sfactor.com](mailto:teachertraining@sfactor.com) to request an application for Teacher Training.

We will contact you upon receipt of your completed application.