



The B-Better Way



TEACHING
HANDBOOK

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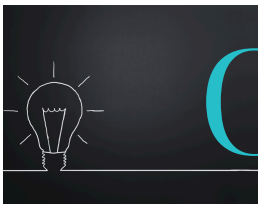
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ABOUT

B-Better



I started teaching in 2004 and started B-Better in 2006 with one class at Fitness First in Tooting.

Since then, teaching credits include a 5-year tour of former Soviet countries, 2012 Olympic Games choreographer, UK Dance Teacher of the Year and more.

Today B-Better is a small organisation grounded in big principles. Our mission is to connect people to the music, themselves, and each other through Street, Club and Funk style dance and culture. We value authenticity, inclusion, and continual personal growth.

In class, we teach specific Street Style dance movement, history and culture, presented in an easily understandable way.

Also, the development, wellbeing and sense of achievement of our students, are **always** the primary desired outcomes of our classes.

The B-Better Way

Below are the principles of teaching for B-Better. They are to be understood and applied in every class, yet also delivered with your own, unique approach and voice


01. Energy leads the room

At B-Better, your energetic presence sets the tone. Lead with passion, using your own enthusiasm to spark excitement in every student, every session.

 Remember to enter with a smile and stay engaged!

02. Every Student Belongs

B-Better classes are inclusive spaces where everyone is valued. We respect and celebrate all backgrounds, skill levels, ages, and personalities. Every dancer is given attention and space to grow.

 Adapt moves for all ability levels and ensure that each student feels 'seen'.

03. Confidence is Cultivated


We actively nurture confidence by supporting progress, acknowledging effort, and celebrating individuality. We **build** belief within our students.

 Praise effort and growth, not just technical perfection.

The B-Better Way


04. Connection to Music

At B-Better, the music is the heart of the experience. We teach students to listen, feel, and move with the music, encouraging real connection.

 Come with bangers that move **you** and the students will catch it!

05. Teach More Than Moves: Inspire Growth

Our role goes beyond steps. We develop self-awareness, self-expression, and self-esteem through dance. We teach life skills—confidence, teamwork, resilience, and communication—through movement.

 Frame setbacks as the moment of greatest learning.

06. Connection Over Competition


At B-Better, we build a sense of community. Collaboration is a big feature in our classes which enables us to celebrate group wins and individual achievements alike.

 Encourage peer-to-peer feedback.

The B-Better Way


07. Structure & Progression (with Flexibility)

Classes are thoughtfully planned with clear progression but remain responsive to the group's needs. We balance discipline and freedom, structure and spontaneity.

 If a plan isn't working, adapt in real time – meet your students where they are.

08. Demonstrate and Model

We must be confident and competent in what we teach. As a specialist, we should be able to demonstrate our exercises and theories, sometimes in more than one way.

 Freestyle / perform the idea so that it is clearly understood.

09. Uplift, Don't Intimidate


There is no place for undue discomfort or tension in our classes. Our students are in our care. We foster a supportive, non-judgmental environment where feedback is constructive and every voice matters.

 Use encouraging corrections and avoid sarcasm, ridicule, or negative competition.

The B-Better Way


10. Commitment to Knowledge & Authenticity

Our educators are students of the art form—keep learning and striving for deeper understanding of dance history, technique, and culture. We only teach what we know, and aim to stay current. This is B-Better’s unique selling point.

 Continue professional development, attend classes, and research your styles.


11. Cultural Context Matters

We respect and teach the roots and history of each dance form. B-Better educators share cultural context and ensure music, language, and movements reflect this.

 Discuss the origins of a dance style before teaching its technique. Quiz ‘em!

12. Classroom Management


Strong management means smooth, focused, and fun classes. We use positive discipline and clear routines, ensuring everyone feels safe and engaged.

 Set clear expectations at the start and maintain consistent boundaries.

The B-Better Way

13. Student Experience is the Priority

All planning, delivery, and feedback is centred around maximizing student learning, enjoyment, and growth. Their journey comes first.

 Sometimes adapt activities to student interests or moods, check in on their experiences.


14. Professionalism & Punctuality

B-Better teachers are always on time, prepared, and presentable. We represent the company with pride and reliability, inside and outside class.

 “Being 10–30 minutes early **is** being on time” – Jawar

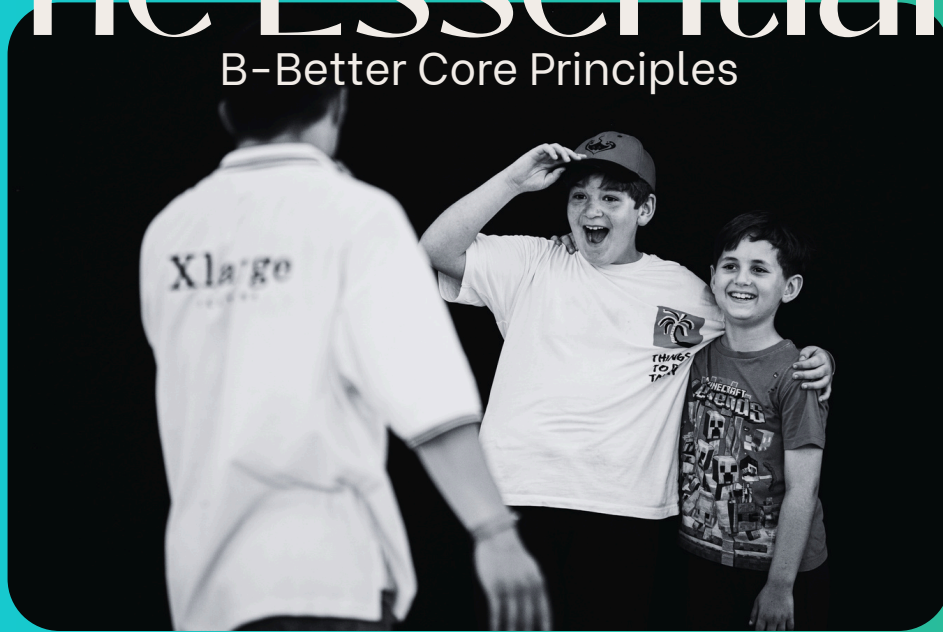
15. Fly the Nest

We encourage our students to do their own research, learn in different ways and places and signpost them to opportunities to use their skills or observe others.

 Invite them to a performance you’re involved in.

The Essentials

B-Better Core Principles



Make 'em love it

Fostering a love of dance with B-Better is each of our responsibility. The principles outlined above have been proven for years to yield this result, so use them well!

Your class, your tribe

As we teach groups for any length of time, they will start to become accustomed to our way and processes. What would they say to someone about your class to make that person want to join?

Checking in

Check in with the students from time to time. How are they? Who's celebrating a birthday? What's the most challenging thing in class? What would they like to do again? Dialogue builds connection.

Record the progress

This could apply to what is taught in class (via video, for example), your own personal successes with the group or things that might need adjustment. What we record we can improve and also, we build our catalogue of work.

The Essentials

B-Better Core Principles



Safeguarding

It is the role of each of us to take care of those who attend our classes.

Whether child or adult, please note any unusual observations or changes in behaviour and inform a member of B-Better management.

Documentation

Holding an enhanced DBS certificate, Public Liability Insurance, First Aid qualification and proof of safeguarding training are all great documents to have. Any combination of these greatly increases your scope for work and evokes trust in our clients.

Communication

Talk to us. Dance teaching is fun but 'life happens' to all of us whether we're at the front of the room or trying to hide at the back. The line of communication with management is always open.

Whether you need cover for a class or have an interesting idea, do share it with us at your earliest convenience.

Start by contacting Jenia at jenia@b-better.org.uk and this will ensure that all things of importance are recorded.

Beyond the studio

Final thoughts

Continued growth

Attending company training periodically throughout the year helps us solve problems together, exchange notes and level up our skills as a group of exceptional educators.

How do I look?

You represent B-Better at all times. Professionalism, positivity, and respect should be evident in all interactions—with students, parents, colleagues, and the wider public.

Lean on The Firm

As a B-Better teacher, you acquire support, promotion, opportunities and more that transcend 'just teaching a weekly class'. The more you input, the more you will get back.

Have Fun,
Inspire
Each One!



B-BETTER
DANCE COMPANY

b-better.org.uk