

ON THE JOB

KATE WHITE MANAGER AT YOGABALANCE

Kate White was a student at YogaBalance yoga studio when she first inquired about a job opportunity there. Starting out as a substitute instructor, she progressed to becoming the studio manager and full-time instructor. White said YogaBalance is Manchester's largest and longest-standing yoga studio, offering 26 classes a week as well as workshops and teaching training.

Q: *Explain in one sentence what your current job is.*

I am the manager of YogaBalance, and I run all aspects of the studio and teach yoga classes as well.

How long have you worked there?

Six and a half years.

How did you get interested in this field?

I'd heard of [yoga's] great benefits for

physical health and mental well-being, so I started practicing with a local [yoga] teacher, and then I wanted to share that with everyone else.

What kind of education or training did you need for this job?

My job has two parts. There's the business management side, [for] which I have my degree and business experience with event planning and logistics and account management. Then on the teaching side,

to teach at most studios you need 200 hours of training and also continuing education credits, and I have over 1,000 hours of training.

How did you find your current job?

After I did my teacher training, I started taking a class at YogaBalance. I was a bit brave and took initiative and introduced myself to the owner and asked if they had any positions open. They took me on as a substitute teacher. Then I asked if they had anything else I could help with because I was leaving my current job, and they said, 'Want to make some phone calls for us?' and six years later, I'm running the business.

What's the best piece of work-related advice anyone's ever given you?

Breathe, and do one thing at a time.

What do you wish you'd known at the beginning of your career?

There's a lot that goes on behind the



Kate White. Courtesy photo.

scenes at a place like this, so probably that running a yoga studio isn't as easy as it might seem.

What is your typical at-work uniform?

I think I have the best at-work uniform in the world, because I get to wear yoga clothes — stretchy yoga pants, no socks or shoes and a modest tank or T-shirt or sweater.

What was the first job you ever had?

When I was 13, I used to wash people's hair and sweep up the hair on the floor at a salon, so I was like a salon assistant.

— *Angie Sykeny* 🍌

Five favorites

Favorite book: Anything by Marian Keyes.

Favorite movie: *Love Actually*.

Favorite type of music or musician: Pop.

Favorite food: Smoothies.

Favorite thing about NH: That we get the changing of the seasons.



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