



Like to increase your income potential & work with great participants?... Then extend your teaching practice to include working with older adults for Health and Wellbeing through DANCE!

There's a demand for more teachers trained in leading dance for this growing market. Working with older adults (even active & agile ones) requires a different teaching approach and dance structure & content that considers the implications ageing has physically, cognitively, emotionally and socially as well as implications of any particular conditions older people may experience. Dance offers many benefits which can positively impact the health & wellbeing of this population.

Why work with older people?

- Help older people move better, feel better, live better!
- It's a growing market!
- Enjoy having enthusiastic, committed, and mature participants
- Get ready for great 2-way reward
- Older people are available at times when younger people are not

Begin now with this 2-Day energising professional development event!

Learn from Gail Hewton & Julie Chenery, highly regarded educators who bring over 80 years professional dance experience that includes working extensively with older people.

Gold Moves Australia can provide you with the specialised knowledge and skills to work safely, effectively and successfully with older people.

Day 1: Introduction to Health & Wellbeing through Dance for Older People

In this workshop you will:

- Gain basic background information about the field and older people
- Explore a range of dance for older people eg ballet/jazz/contemporary/tap for active & agile seniors; dance for people with mobility issues or dementia; dance in aged care; community dance projects, etc
- View some video examples
- Experience a demonstration of dance content
- Brainstorm your potential participants
- Discuss how you might tailor your dance genre/style to suit older participants
- Start with some requisite pre-workshop reading
- End with take home resources and useful links

Day 2: Leading Dance for Older People with Mobility Issues

Building on Day 1, in this workshop you will:

- Briefly discuss the positive impact of dance for this population
- Examine implications of ageing and mobility issues for leading dance safely and effectively
- Experience a demonstration class based on the approach & principles developed by RIPE Dance (ripedance.com.au)
- Consider class structure; content & ideas; managing different levels of ability/mobility; focus on falls prevention and social connectedness
- Explore devising dance material for class content to serve specific scenarios and purpose.

Comments from Gold Moves Australia workshop participants

I can't thank you enough for the amazing workshop last Tuesday. It was truly inspiring. Thank you for sharing all of your knowledge, experience and personal stories with us.

Thank you so so much for an incredible day. I absolutely loved it and really appreciated all the work you and Julie put into the presentation and practicals.

Workshop Details

When: 9.30am-5.30pm Sat 3 & Sun 4 October, 2020	Where: Millwell Rd Community Centre, Maroochydore
Cost: 2 days \$450 or \$427.50 (Ausdance members) Day 1 only \$300 or \$285 (Ausdance members)	Due: 5pm Wednesday 23 September to allow time for pre-workshop learning
Catering: BYO lunch, water bottle and/or keep cup. Morning & afternoon tea provided.	Contact: Gail 0411 720 391 gma.gailhewton@gmail.com Julie 0408 779 373 gma.juliechenery@gmail.com
BOOK NOW: https://www.trybooking.com/BKVTY NB: Minimum of 10 participants required for workshop to run	More info about Gail & Julie and the workshops: https://ripedance.com.au/training/