

## Being Ourselves Facilitator's Course

A JABADAO Learning Disability course

### Being Ourselves Facilitator's Course (2 days)

**For:** social care workers, activity organisers, community workers, volunteers and community dancers

This two-day course is for anyone wanting to develop their ability to facilitate movement work with people who have learning disabilities. The course focuses on our first language - spontaneous movement - offering ways to structure sessions that require no verbal or memory skills. This approach aims to enable people to express themselves freely and to explore their feelings and their friendships without the barrier of verbal language. Includes: lots of activities; structuring sessions; extending people's ability to communicate their experience

**Cost** £180 payable in advance  
includes light buffet lunch and refreshments throughout the day

**Leeds** 29/30 September 2009 with Paul Beaumont

**To book a place contact Pat Pickavance**  
tel 0113 236 3318 email [pat@jabadao.org](mailto:pat@jabadao.org)

**To discuss hosting the Being Ourselves course for people in your area contact Linda Neary**  
tel 0113 236 3344 email [linda@jabadao.org](mailto:linda@jabadao.org)