



Would you like to know how to grow your gym community and be a more accessible and inclusive place for people with intellectual disability?

DDWA recently launched [FlexAble](#), a set of free resources developed in consultation with gym professionals and people with intellectual disability in Perth. These resources aim to address the gaps in knowledge and skills to help gyms feel more confident to welcome and support people with intellectual disability and complex communication needs in the gym environment.

FlexAble is being enthusiastically embraced by many gyms, personal trainers and fitness professionals. DDWA are pleased to announce a NEW opportunity to join us in a free practical hands-on workshop which will help you and your team to use the resources and put the learning into positive action in your gym.

Join us as we partner with industry leaders and people with disability at a free hands-on training session for you and your team.

About our Consultant/Presenter?



Dan Williams is the Director of Range of Motion and leads a team of Exercise Physiologists, Sports Scientists, Physiotherapists and Coaches. He has a Bachelor of Science (Exercise and Health Science) and a Postgraduate Bachelor of Exercise Rehabilitation Science from The University of Western Australia, with minors in Biomechanics and Sport Psychology.

Dan has coached and taught sport and exercise for over 18 years working with many thousands of individuals along the full health spectrum, from the chronically injured, diseased and deconditioned, through to elite athletes. He has extensive experience in clinical settings (chronic disease and musculoskeletal rehabilitation) and in human performance. Dan has conducted over 25,000 individual one-on-one sessions and consultations since he founded Range of Motion in 2006 and has overseen the prescription of over a quarter of a million exercise sessions.

As part of Range of Motion's Education and Corporate branches, Dan regularly presents keynotes, seminars, and workshops – using education as a foundation for behaviour change for thousands of people. He also runs Professional Development events within the health and fitness space.

What you will learn

- During this training an experienced fitness professional will guide you through the written and visual resources offered through **FlexAble** and provide real-life information to bring the learning to life. You will learn about the extensive benefits of exercise for people with disability; common barriers to accessing gyms and how to make your gym more accessible and inclusive. Some of the topics covered include:
- How to effectively plan a training session with someone with intellectual disability
- How to effectively communicate with a client with intellectual disability.
- What challenging behaviours are, why they occur, how to reduce the likelihood of them occurring and what to do if they do arise.

How it works

DDWA are currently seeking interest from individuals and teams to take part in a 4-hour face-to-face, flexible, and tailored workshop session. This training will be facilitated by an experienced industry professional and person with intellectual disability. This is a free program.

**Click on this link to
Register your interest now for this free training.**

For further information:

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The Gym Project has been funded by the NDIS – Information, Linkages & Capacity Building Grant