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Virtual Train-the-Trainer
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ILL-Abilities™

Train the Trainer Program

- Disclaimer
- ILL-Abilities History
- ILL-Abilities Video
- Adaptive Dance Program History
- Client Profile Discussion*** *(Shortened Version)*
- Methodology
- Student Video
- Simulation Activities
- Situations
- Final Group Discussion



A man in a black tank top and grey pants is performing a handstand on a pommel horse in a gym. He is holding onto the pommel horse with both hands and has his legs extended upwards, holding a pair of brown shoes. The gym has a large window with a green frame in the background, a wooden cabinet in the foreground, and a stack of brown bags on the left. The floor is dark and reflective.

*Adapt, stay positive,
and find your own way
to do things!*

NO

EXCUSES

NO

LIMITS



ILL ABILITIES


ILL-A•bil•i•ty ['il-ə- 'bi-lə-tē] -
noun, plural ILL-Abilities for 2~

- an adaptation of power, strength, and creativity.
- believing in yourself ~ to accomplish anything you set your mind to.
- creating advantages from disadvantages.
- exploiting your capabilities ~ to live life to the fullest potential.

KUJO 


SAMUKA 

REDO 

PERNINHA 

KROPS 

LAZYLEGZ 

CHECHO 









Methodology

- Strength Based Model
 - *Always focus on the dancer's strengths and not their weaknesses*
- Observation
 - *Pay attention to detail*
- Littlest movement makes the biggest difference
 - *Take the simplest movements into consideration*
- Freestyle
 - *Allow the student to create their own movement*

**ALL
ABILITIES**

Methodology

- Body Awareness & Adaptation

- *Challenge your students to discover new movement. Encourage them to adapt themselves. They know their bodies best.*

- Communication

- *Be honest with yourself and with your student*

- Teamwork

- *Create a family environment for the dancers to feel safe to work together*

- Recreation

- *Not therapy! Students more motivated in a recreational environment*





@ILLABILITIES

#NOEXCUSESNOLIMITS

#PASDEXCUSES PASDELIMITES