

Peer 2 Peer Training Sway2Go! Recovery Ballroom

Peer 2 Peer Instructors understand the recovery process and are uniquely qualified to teach their peers how to ballroom dance. As a Peer 2 Peer Instructor you'll be able to teach **Sway2Go! Recovery Ballroom** dance classes for recovery groups in your community!

Designed for non-dancers to teach ballroom dancing in recovery communities. We train individuals and organizations how to use ballroom dance to support their existing wellness programs. Would you like the ability to provide enjoyable and interesting learning experiences on-site at your location? Ballroom dance classes provide socially engaged experiences that are healthy, fun and filled with smiles. Ballroom dance is a wonderful way to exercise, and learners typically improve communication and partnership skills through their participation in the activity.

Are you interested in helping others? Do you enjoy music and movement? Would you like to improve your speaking and presentation skills? Does the idea of teaching others how to ballroom dance excite you? If you answered yes, then becoming a Peer 2 Peer Instructor may be just right for you! What you'll learn in this program will help other areas of your personal life and work life. You'll gain knowledge that can be used in a variety of workplaces and life situations. Plus, you'll have fun learning how to teach ballroom dancing.



Ballroom dance lessons help promote self-efficacy and improve individual well-being. Lessons taught at your location, provide safe and healthy socialization opportunities that build confidence and introduce healthy life choices. Unique peer-led experiences infuses new energy and excitement into existing client recovery opportunities at your organization. We know that you can energize and inspired your recovery community through ballroom dancing. We've seen lives changed time and time again when individuals participate in ballroom dance.

Peer 2 Peer Instructor Training Includes:

- (1) 8-hour trainer-led workshop. Workshops can be taught in one or two day increments.
- Downloadable instructor manual
- Discounts on future workshops
- Online access to our instructor-only discussion forum to share and learn with other instructors
- Templates and teaching tips
- Certificate of completion to celebrate your success

You'll learn how to:

- Dance and teach the Sway2Go! Recovery Ballroom Syllabus
- Prepare lesson plans and select music for each dance
- Structure a dance lesson that encourages learning
- Set up your classroom for success

Price: Call for pricing.