

# LEND TRAINEE BIO

As we grow our LEND program, we hope to build a network dedicated to understanding disability services. We believe that including your bios will help cultivate an interest in your work, leadership, and how you contribute to LEND. Prospective trainees, other LEND trainees, community organizations, clinics, etc., can develop their understanding of how other trainees have contributed to LEND and view our contributions in the field of disabilities. Feel free to provide as much or as little information as you are comfortable posting publicly. Remember, it is ok to keep this information very general. The website is [illinoislend.org](http://illinoislend.org) if you would like to view what former trainees have posted.

When complete, please upload to your summer assignments folder.

**NAME: SANDRA SOBUS**

**DISCIPLINE: SPEECH-LANGUAGE PATHOLOGY**

## **Past/current experiences working in the field of disabilities:**

I became interested in working with individuals with disabilities across the lifespan during my undergraduate studies at the University of Wisconsin-Madison. I am grateful to have been a dedicated leader in the UW Adapted Fitness program coordinated by Dr. Kecia Doyle. Here, I led a team of students in exercise programming for individuals with diverse abilities to contribute to accessible physical activity, enhance emotional well-being, and optimize social participation. I also served as a student teacher at the Waisman Early Development Program in an all-inclusive classroom for children 3-4 years of age. The WEDP was an essential part of my career thus far, as I learned the significance of tailoring the environment to suit individual needs as opposed to forcing conformity to neurotypical behaviors. This knowledge further aligned with my role as the group fitness instructor for Badgers for Special Olympics. BFSO enabled me to intersect my background in personal training and passion for exercise with my passion for working with individuals with diverse abilities. Whether it was Zumba or team-building activities, I was able to create an inclusive environment that offered equitable opportunities for growth and enjoyment.

## **Goals for your LEND training experience:**

As a LEND trainee, I aim to explore and engage in new experiences that will support my personal and professional growth. I am specifically interested in expanding my knowledge beyond my field through interdisciplinary collaboration. I strive to pave a path where advocacy and inclusivity are not only well respected, but also fun and enjoyable for those involved!

## **What you wish to contribute, in the future, as an advocate/professional/family member in the field:**

My ultimate aspiration is to provide accessible communication through genuine connection between professionals and the patients and families they serve. To do so, I strive to lead by example and shine a light on systemic disparities and inequities.

**We would also like to post a headshot of each trainee along with the bios. Please upload in jpeg or png file to your summer assignments folder.**

