



Feeling good about being in tune with each other

A Conference Intervention



Typical situation:

The future is full of challenges and difficulties. For the organisation to be successful everyone needs to pull together and be 'singing from the same hymn sheet':

Being successful requires:

- Strong individuals to step up and lead in circumstances where they might feel uncomfortable
- People to face the unknown with energy and enthusiasm
- Everyone to set aside their personal worries and focus instead on the corporate goal
- Individuals to step out of their comfort zone and do things differently
- Employees and managers at every level to pay more than lip service
- All who can contribute to stand up and be counted

**It requires people to change, participate and
commit**





Picture the scene...

The conference audience gathers to hear the first speaker. They are ready for a warm welcome and an explanation of the days' agenda. They are prepared for the exhortations to make the most of their time together. They are anticipating nothing more than they have experienced before. They are already wondering what might be for lunch.

Half an hour they were NOT expecting



Using music as a metaphor and a choir as an analogy, the audience are introduced to the real theme of their day;

- to tackle real challenges in teams
- to change their behaviour
- to exceed their initial expectations
- to quickly achieve a satisfactory resolution that is both pleasing and sustainable.

Positive 'environmental neurology'

Changes to the immediate environment can and do effect brain chemistry; introducing an unexpected element heightens expectation and increases the flow of adrenalin causing a direct increase in awareness.

Changes to personal physiology can also instantly affect brain chemistry; deep breathing and exuberant singing cause the lungs to stimulate the secretion of endorphins that bring about mild euphoria and feelings of well being.

Under the experienced guidance of Musical Director [Tim Spencer](#) the conference are separated into a number of distinct teams. Each will be guided through a series of simple sound exercises that increase in complexity and eventually lead to the whole room performing a piece of music in harmony, and to a high standard that few would have expected or considered possible.



After a short initial introduction to the conference the following 30 minutes will see demonstrated how;

- Each individual stepped up and got over any feeling of being uncomfortable
- The facing of the unknown with energy and enthusiasm
- The setting aside their personal worries and a focus instead on the goal of group achievement
- Individuals stepped out of their comfort zones and did do things differently
- Everyone participated and contributed to the achievement of power and harmony

They will have demonstrated that for change to happen THEY needed to change, to participate and to commit

