

Music for Mental Wealth

ARTIST DEVELOPMENT LABS

TASTER SESSION

Two-hour taster session

This taster session will provide an experiential workshop exploring what it means to be a successful working musician/artist/singer-songwriter today and the mindset and lifestyle required to make it and sustain it.

The taster will demonstrate some of the practical tools and skills taught in the Artists' Lab workshops. Using tried and tested methodologies based on neuroscience and cognitive behavioural psychology, we will show you how to get your mind and body onboard with your dreams and aspirations, how to manage the inevitable highs and lows of the industry, how to make the most of your unique talents and, most importantly enjoy the ride as you thrive.

The taster workshop outline – 2 hours

0.00	Introduction to the Artists' Lab: what's happening in the music industry?
0.15	What are the skills I need to succeed?
0.30	The brain and the stories we tell – success or failure?
0.55	Getting ready to be ready: self-management and motivation and the unspoken messages we send out to our audiences
1.10	Comfort zones – and why they can be uncomfortable
1.25	Visualisation – what it can do for you
1.40	Starting to set some goals
1.55	Review of workshop

About the full 2-day workshop

A two-consecutive day-workshop where participants will learn confidence building skills that will enable them to understand the triggers that undermine or sabotage their efforts to build their careers and learn how to overcome them and other forms of mental health issues caused by stress, anxiety or depression.

Over the 2 days, participants will learn and practice in the sessions:

- § Self-coaching techniques and methodologies.
- § Resilience, versatility and capacity building strategies
- § Communication & Rapport building
- § Career development strategies and an entrepreneurial approach
- § Develop an openness to life-long learning and how to have an impact on their community
- § Self-Advocacy
- § Healthy lifestyle that will support their creativity and ambition.

Courses are highly experiential, with brief but relevant neuroscience and cognitive behavioural psychology content to help participants understand the workings of the brain and hormonal systems, how these impact success, behaviour and outcomes, and how to make best use of the tools and knowledge to support a healthy and fulfilling life-style and successful career.

During the two days, Participants will be able to form small buddy-groups for mutual support and in order to maintain high levels of motivation.

Participants of each training cohort will be given email coaching support for a period of 3 months from the start of the programme, as well as regular online and live Surgeries on managing career issues, motivation and well-being.

Music for Mental Wealth - an overview

[Music for Mental Wealth](#) is currently the only organisation that focuses solely on the **prevention** of mental health issues in the music industry.

We help artists and professionals build emotional resilience to the highs and lows of an unpredictable (and often ruthless industry) through a programme of workshops, coaching and other techniques on how to deal with stress, low self esteem and anxiety.

While there are a stream of excellent services offering help at the point of crisis, we believe that people at risk should be protected against ever reaching this crisis point in the first place.

Stewart Lane – course designer and facilitator

Stewart is a coach, consultant trainer and facilitator with a background in the music industry as a composer, performer, recording artist and songwriter, and nearly twenty years experience working with visionary entrepreneurs, creative's and leaders.



His specialism is in applying breakthrough discoveries in modern science, such as neuropsychology and field theory, to the areas of performance, motivation, communication, business growth, project management and idea creation. His packages of bespoke training and intervention modules are designed to assist fast track change and development geared at understanding and operating successfully within the modern world's rapid transforming trends and markets.

Laura Westcott, Founder

Laura created Music for Mental Wealth after suffering with stage fright, stress and anxiety for years and then experiencing the transformational benefits of mental health coaching.



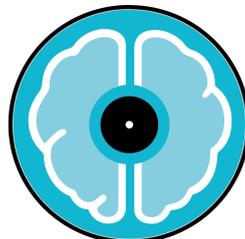
Laura is a Fellow of the Royal Society of Arts and former PR manager and reviewer for The Times newspaper. Laura was the Content Editor for News Corporation in New York before leaving to set up Soundcheque Ltd to help musicians get paid for their their music in media, film and TV.

She is the Founder of the charity 'Sound for Sight' that raises awareness of blindness through live music events, and also 'Music for Mental Wealth', a non-profit that provides mental health support for musicians.

She joined the London Philharmonic Choir in 2004 and has a BA Hons in music.

For more information about our coaching, email
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