

Music for Mental Wealth

SUCCESS WITH LESS STRESS

TASTER SESSION

Two-hour taster session

This taster session will provide an experiential workshop exploring what it means to be a successful, productive team player 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 our Productivity and Team Building workshops. Using tried and tested methodologies based on neuroscience and cognitive behavioural psychology, we will show you how to harness your mind and body's energy and those of your team to make the most of your unique talents and, most importantly, enjoy the ride as you thrive.

The taster workshop outline – 2 hours

00.00	Introduction to Neuroscience: what's happening in my head?
00.20	Productivity and efficiency; what are the skills I need to succeed?
00.40	The brain and the stories we tell - success or failure? Motivating myself and others
01.00	Effective dream teams
01.25	Excite, Inspire, Communicate, Have Fun
01.55	Review of Workshop
02.00	Session closes

About the full 2-day workshop

A two full day workshop, split over a week, where participants will learn skills, tools and methodologies enabling individuals, teams and organisations to be more successful, stronger, work and communicate better, and be better equipped to thrive in their environment.

Participants will learn how to connect productivity and efficiency with well-being, understand how their brains think and how to harness mind & body to create effective, productive teams

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

- Resilience, versatility and capacity building strategies
- A coaching approach to team working
- Communication & rapport building
- Team development strategies and an entrepreneurial approach
- Productivity, efficiency and impact
- Planning

Courses are highly interactive and 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 dynamic, healthy and fulfilling life-style and successful career.

Participants of each training cohort will be offered email coaching support during the week interval between the two training days.

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.

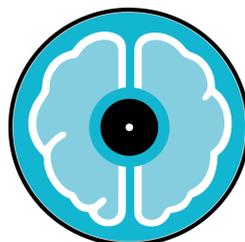


Laura is a Fellow of the Royal Society of Arts and former PR manager and reviewer for The Times newspaper.

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 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.



Music for Mental Wealth

For more information about our coaching, email
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