SUCCESS WITH LESS STRESS
MUSIC FOR MENTAL WEALTH IS FOCUSED ON THE PREVENTION OF MENTAL HEALTH CHALLENGES IN THE MUSIC INDUSTRY

- We focus on preventative measures that equip employees in organisations and practitioners within the music industry with the skills, knowledge and confidence they need to successfully navigate the highs and lows of the business and make healthy choices that support happier lives.

- We provide one-on-one coaching and health & wellbeing awareness sessions for workers within the music industry as well as artists, performers and creatives.

- We also run corporate workshops on emotional resilience and managing burnout training for the teams that surround talent in their day to day lives.
WHY PREVENTION IS IMPORTANT

A recent survey by Help Musicians UK revealed that 1 in 3 musicians suffer from poor mental health.

High stress, performance anxiety and career insecurity are just some of the potential pitfalls awaiting artists, performers and creatives as well as those in the industry that support them.

Many of the challenges people in the industry face contribute to often debilitating mental health problems later on in life.
MENTAL HEALTH RESILIENCE WORKSHOPS

THE WORKSHOPS

- A range of half-day and one-day experiential workshops for building mental and physical health wellbeing and robustness
- Our workshops can be tailored to meet individual, team or organisational needs, adapted to compliment any existing initiatives
- Certified coach & facilitator leading the workshop.
- A three hour knowledge-based workshop.
- Collaborative and team building exercises.
- Promoting a healthy mindset and the lifestyle choices required to make and sustain it.
- Providing practical tools and skills in health and wellbeing. Developing emotional resilience, purpose and clarity.
MENTAL HEALTH RESILIENCE WORKSHOPS

HOW IT WORKS

○ Easy to understand concepts from neuroscientific studies and practices.

○ Drawing on cognitive behavioural psychology.

○ Learn how to identify and shift your neural networks.

THE WORKSHOP WILL:

○ Align the mind and body with goals and aspirations.

○ Manage stress and anxiety.

○ Make the most of your unique talents and enjoy the ride as you thrive.
MENTAL HEALTH RESILIENCE WORKSHOPS

OBJECTIVES:

- To introduce emotional resilience and what it looks like in the workplace.
- To provide information, techniques and tools for employees to support their own emotional resilience.
- To better understand managing mood, preventing burnout and improving well-being, as well as other key challenges.
- To build upon existing initiatives to support staff in maintaining a healthy work-life balance.

POTENTIAL OUTCOMES:

- More knowledgeable and well-equipped work force to deal with emotional stress, both individually and collaboratively.
- Emotional resilience embedded as a core value across the organisation.
- A healthier and more productive company with improved morale.
- Your company paving the way for influencing change within the industry that supports mental and physical well-being.
Using the foundation workshop for establishing core principles and practices, we offer a range of short, bespoke workshops (on average 3 hours or shorter) and interventions.

Available for teams or across your organisation, these workshops can also dovetail with ongoing or already established practices.

**PROGRESSION**

- Health and Nutrition
- Time Management
- Leadership and The Unlimited Mind Dealing with the Public
- Managing Change
- In addition, MMW can provide 1-2-1 coaching sessions for performance, strategy and decompression
MENTAL HEALTH RESILIENCE WORKSHOPS

TOPICS WE COVER

- How to avoid burnout and addictive behaviour
- Healthy lifestyle choices to support creativity and ambition
- Self-coaching techniques and methodologies
- Emotional resilience
- Work/life balance
- Managing artists and managing your self
- Career development strategies
MUSIC FOR MENTAL WEALTH IS SUPPORTED BY THE BRIT TRUST
MEET THE TEAM

“STEWART IS INSPIRING. HIS KNOWLEDGE IS PHENOMENAL YET HE DOESN’T COME ACROSS LIKE A ‘KNOW IT ALL!’... IT GAVE ME A SENSE OF CALMNESS WHILST I WAS LISTENING. HOPEFULLY IT WILL LAST! REALLY ENLIGHTENING!”

- MAGGIE CROWE, THE BPI

Laura is a classically trained singer and 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.

She 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.

Laura joined the London Philharmonic Choir in 2004 and has a BA Hons in music.
Claire has spent her entire career in the music industry starting out on reception of a small independent record company and working her way up through Sony Music before landing the Managing Director role at Coda Music Agency.

Claire is featured in Music Week’s ‘Most Influential Women in Music’ and has worked with many artists such as Calvin Harris, Mark Ronson, Faithless, Groove Armada and Jamiroquai.

In 2017 and after 4 1/2 years at Coda, she decided to leave to pursue her passion of helping and supporting individuals and organisations within the entertainment industry and beyond. She believes she can equip future leaders through coaching and has a particular interest in working with middle management and young executives.

Stewart is a coach, consultant trainer and facilitator with a background in the music industry as a composer, performer, recording artist and songwriter.

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.

He has designed and delivered bespoke training programmes for numerous organisations and businesses, including: the national Every Child Matters initiative (TDA), National College of School Leadership and The Talent Foundation in conjunction with the Deputy Prime Minister’s Office developing cognitive behavioural psychology based coaching methodologies for use in large organisations (BT and Customs & Excise), and numerous London Boroughs.