

I STRESS MANAGEMENT WORKSHOPS

According to research, 8 weeks mindfulness practice can bring long term effects in reducing stress.

Thus, this package of workshops is designed to deliver lasting results.

Workshops connect essential knowledge with exercises, that can be **implemented right away into a daily routine to manage stress.**

Participants will get pdf. materials which will help them to manage their stress and **"first aid music kit" for relaxation.** This means a carefully chosen set list for relaxation (picked along with the music therapeutic programming).

Topics covered will include:

- essential knowledge about stress with the latest research:
 - how it works in our body, how it influences our thoughts
 - supporting dialogue in favour of stress management
- reducing stress everyday - lifestyle, habits, mental health choices
 - describing stress signals
 - difficult emotions - how to deal with them
 - understanding and noticing stress signals
- morning and evening routine in favour of stress management
- expressive writing (journaling therapy) for stress management
 - burn out prevention
- mindfulness definition and guidance of how to practice it
 - mindfulness pillars with regard to mental health
 - how to take mindful breaks
 - how to breathe to take care of the mental health

Practice:

- mindfulness practice
- breathing exercises with elements of music therapy
 - movements releasing stress
 - mindful eating practice
- relaxation techniques (Jacobson; Schultz + mindfulness practice)
- active music therapeutic exercises to release tensions & emotions
- receptive music therapy with visualisation to manage thoughts & reduce anxiety
 - self massage techniques
- expressive writing exercises for stress management

Time: 1 h (up to 2 hours with questions)

Recommended in a package of 2 workshops/webinars 1- 2hours + 6 short practices (20-30 minutes)

II RELAXATION & MINDFULNESS SESSIONS

The sessions provide a practice about the most researched relaxation techniques, such as:

- Schultz's autogenic training,
- Jacobson's training - progressive muscle relaxation,
- visualization,
- breathing exercises conducive to well-being and relaxation along with relaxing music.

Participants will experience each of these practices and will know how to implement them every day to reduce stress.

Furthermore, they will receive a so-called "Musical First Aid Kit" - a list of songs conducive to relaxation, selected by a music therapist (chosen according to music therapy programming).

Practice:

Practice of healthy stress-reducing breathing - breathing exercises, mindfulness combined with music therapy,

- Relaxing music therapy exercises (active and receptive) - how to release tension and fully relax,
- Self-massage of the face and head,
- Receptive music therapy with visualization for managing thoughts,
- Jacobson's and Schultz's relaxation techniques.

Benefits:

- Fewer sick days,
- Prevention of burnout and depression,
- Stress reduction,
- Improved focus & productivity.
- Better coping with emotions and stress,
- Improved team communication.

Time: **30 minutes each in a series of at least 4 (recommended every week or every second week)**, can be recorded when agree upon.

Recommended to have sessions preceded by an **introductory workshop (lasting 1-1,5 hour)**, during which participants will learn about the researched benefits of relaxation practices and receive detailed practice instructions.

III BUILDING RESILIENCE: HOW TO INCREASE THE ABILITY TO DEAL WITH DIFFICULT AND STRESSFUL SITUATIONS?

It's an engaging and interactive workshop designed to equip employees with the tools and mindset needed to thrive in today's dynamic business landscape. Resilience is not just about bouncing back from challenges; it's about thriving in the face of adversity, adapting to change, and emerging stronger than before. In this workshop, we will explore the concept of resilience, its importance in the business world, and practical strategies for developing and enhancing resilience skills.

Topics covered will include:

Understanding Resilience:

- Defining resilience and its significance in the context of business.
- Exploring the psychological and emotional components of resilience.
- Recognizing the role of resilience in personal and organizational success.
- Examining how resilient individuals and organizations have overcome challenges and achieved success.

Building Resilience:

- Identifying factors that contribute to resilience.
- Strategies for cultivating a resilient mindset.
- Techniques for managing stress, setbacks, and uncertainty effectively.
- Mindfulness and self-awareness practices to enhance resilience.

Developing Compassion and Gratefulness:

- Understanding the role of compassion in fostering resilience and building strong relationships.
- Practicing empathy and compassion towards oneself and others.
- Cultivating a sense of gratefulness to enhance resilience and well-being.

Engaging activities to reinforce key concepts and encourage participation.

Benefits:

By the end of the workshop, participants will gain a deeper understanding of resilience and how it directly impacts their performance and well-being in the business environment. They will leave with practical strategies and actionable tools to cultivate resilience, navigate adversity, and thrive in an ever-changing world.

Whether you're a seasoned executive, an aspiring entrepreneur, or a team leader looking to strengthen your resilience toolkit, this workshop offers valuable insights and actionable takeaways to help you rise above challenges, develop compassion, embrace gratefulness, and achieve your goals with confidence. Join us and invest in your resilience journey today!

Time: 1,5 h (up to 2 hours with questions), can be a bit shortened when needed.

IV MUSIC THERAPY TECHNIQUES FOR CREATIVITY & EFFICIENCY

This workshop offers an insightful exploration into leveraging the power of music to promote **well-being**.

The workshops combine **active and receptive music therapy**, creating an **accessible blend for both for introverts and extroverts**. They can actively express emotions or find tranquility and relaxation, stimulating reflection, reducing stress through music.

Through a carefully curated blend of active and receptive activities, **attendees will gain practical tools to incorporate music into their daily routines for optimal wellness outcomes**.

Participants will learn stress-reducing techniques and how to express & manage emotions using music. They will experience exercises supporting their psychophysical well-being and enhancing their psychophysical resilience through breathing, rhythm therapy, and their own voice. They will learn how to select music to support emotional management and how music can stimulate blood flow.

Benefits:

- stress reduction,
- heightened creativity,
- enhanced self-worth,
- increased sense of efficacy,
- support in managing emotions,
- boosted creativity,
- improved focus and productivity.

The workshops foster group integration, mindfulness, and openness to oneself, one's emotions, and others. They also include elements of mindfulness, body & emotion awareness. Equipping participants with practical and easy-to-implement techniques for daily life, they can reduce stress, increase focus, productivity, and build resilience.

By investing in this workshop, businesses can empower their employees with valuable strategies for maintaining peak performance and resilience in today's fast-paced work environment. With an emphasis on practical application participants will emerge equipped with actionable insights to enhance their overall well-being both personally and professionally.

Time: 1-2 hours depending on the scope of knowledge & exercises included.

PROFESSIONAL VOICE EMISSION WORKSHOP

Strengthen your communication and sound to become more professional and persuasive.

Make people want to listen to you and collaborate with you.

Workshop connects essential knowledge about voice emission with practice. Participants get useful exercises which they can implement into their daily routine right away. Exercises help them not only to sound more professional, but also speak healthier and prevent voice burnout.

Content of the workshops:

PREPARATION FOR PROFESSIONAL SOUND

Proper body position

How to relax body and mind to feel & sound calm

Exercises to relax and strengthen muscles taking part in voice emission

Face massage to open up the voice and waking up the resonators

HOW TO BREATHE TO SOUND PROFESSIONAL AND SPEAK HEALTHY IN CALMLY

Strengthening muscles which take part in breathing and voice emission

Exercising vocal resonators

Breathing techniques exercises

How to speak long on one breath without feeling discomfort

VOICE EMISSION - CONNECTING PHONATION & BREATHING

Exercises to connect phonation and breathing. Opening up the voice

Sound precision examples and practice for the authentic voice message

How to control your sound - timbre and height

Examples of the speaking pace - too fast and too slow - how it influences the message and how to use it to sound professional

Methods of keeping the attention of the listener by keeping the accent and intonation right

DICTION FOR PROFESSIONAL SOUND

Articulation exercises for the precise sound.

Vowels and consonants pronunciation.

Examples of how articulation influences voice message.

MENTAL PREPARATION FOR SPEAKING

Stress management for professional sound

Overcoming difficulties during speech

Controlling your breath

Individual stress coaching sessions for leaders, managers & employees

Sessions are designed to **reduce stress** and teach tools to manage stress and express **difficult emotions**. In the result, the employees **take less days off**, they are **more focused, productive, confident and motivated**. From my experience, I can say that such support **deepens the employee sense of belonging to the organisation**.

Stress coaching is a connection of traditional **coaching and mindfulness**.

Additionally, sessions led by me include elements of **music therapy**.

It's a unique connection which has been proved by over 300 individual sessions resulted in healthier people and over 100 workshops (only during last 2 years).

When it comes to stress, the coach's aim is to help the client understand the root causes, rather than to 'fix' the symptoms. This is done through mindfulness exercises and a series of conversations where the coach asks questions in order to gain understanding of inner critics, stress reactions and limiting beliefs.

Having someone unbiased and unconnected to talk to about stress helps to process feelings in a safe environment and without judgement. Additionally, as a music therapist I offer carefully designed receptive (and partly active) music therapy exercises, which get deeper into the issue and help greatly in dealing with stress and difficult emotions.

Additionally the process is deepened by journaling therapy (exercises which were released in 2 editions of my book Balance Journal (in polish Dziennik Balansu)).

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- **stress coach** certified in NLP huset in Copenhagen (Denmark)
- specialisation in working with High Sensitive People in Nickerson Institute (USA)
- author of the self help book in polish Balance Journal (Dziennik Balansu)
 - (ISBN 978-83-956956-0-5);
- **certified teacher of Alexander Technique** The London Voice College,
- **mindfulness & design thinking teacher**

PRICE OF ONE WORKSHOP 125 EURO (WHEN SIGNING FOR THE WHOLE PROCESS
SO 2 MONTHS/8 WORKSHOPS)

PRICE OF ONE STRESS REDUCTION SESSION FOR THE COMPANY - 45 EURO
WITH AT LEAST 8 SESSIONS PER MONTH