

Work In Harmony Workshop

Confidence and Team-Building Through Singing
<https://izoldat.com/programs/work-in-harmony/>

Benefits and Results Statement

Addresses Company Goals and Mission

- Custom-tailored to each organization to align with a prior needs assessment per company management liaison and company mission statement to boost teamwork, performance, and profits.
- Improved employee productivity, cohesion, and communication.
- Better employee retention and cohesion yield better teamwork, results, and company growth.

Enhances Team Dynamics

- Forges team bonds as shown in numerous NIH studies. See <https://izoldat.com/workshopscience/> for details.
- Correlated success in working as a group to sing together translated to cohesion and success in maintaining and furthering company goals during future projects. See Frontiers in Psychology study article: <http://journal.frontiersin.org/article/10.3389/fpsyg.2013.00334/full> for details.
- Participants learn to be aware of each other, to look to each other to succeed, and to become a cohesive unit.
- Improve ability to perceive and sense other team members' contributions to team goals.
- Instruction and support materials on numerous proven techniques help build communication skills, teamwork, and cohesion. Actionable techniques and supporting materials for continued improvement and progress include:
 - Six full exercise sets
 - Over 25 powerful communication and articulation techniques
 - Over 100 practice files for future presentation, communication, and connection progress and improvement
- Employee community enhancement and cohesion.
- Creating a product through singing, participants forge something greater than any individual. They learn to work as a cohesive unit to produce something unique that only this team can create. Techniques in collaboration and cooperation translate to company goals and processes.

Improves Communication

- Individuals find their unique voices and learn how to use them effectively.
- Participants release fear and discomfort and communicate authentically.
- Projection of singing and speaking voice and proper techniques of communication.
- An opportunity for the more reticent employees to contribute their voice to the company's product provides for an in-road for future behavior in a similar vein. Participants become excited to participate once they know they will be heard.
- When we think like we are singing, we communicate more effectively because the self-judgmental part of the brain sits in a different place from the singing part.

Sharpens Listening Skills

- Using specific, focused techniques, participants hone fundamental listening and concentration skills and apply them to their professional tasks.
- Proven listening and communication technique instruction and practice.

Ignites the Creative Process and Creative Problem-Solving

- Participants bring forth new ideas, develop their abilities to improvise, build creative problem-solving skills.
- Singing allows us to go beyond the language part of the brain to access the more integrated and holistic aspects of the thought process.

Builds Employee Confidence

- Participants discover self-assurance by making sound together and previously undiscovered talent can be raised and recognized.
- They lose self-consciousness and gain confidence in the inclusive atmosphere.

Reduces Stress and Enhances Morale

- Stress-management techniques to reduce anxiety in work environment.
- Specific techniques to aid in releasing nervousness, gaining focus, and learning to manage time and projects.

Conclusion

- A shared vulnerability of singing forges bonds, coalesces teams, and enhances participant understanding of each other.
- The "Together, we can do this!" atmosphere fosters common ground. Work In Harmony can spark astounding long-term changes in employee morale and performance that result in company strength and growth.