
The Connection! Workshop

What is The Connection! Workshop?

“**The Connection! Workshop**” (TC!W) teaches civilian and Veteran co-workers and their spouses/significant others evidence-based transformative modalities for self care and improved lifetime performance. In addition to building cross-cultural awareness and cooperation in a safe, purpose-driven environment, learned TC!W tools increase productivity and relieve stress in both business and home environments long after the workshop is over. TC!W is experiential: physical, emotional, mental and spiritual.

Participants will learn and understand applications for these evidence-based modalities: Kundalini yoga, Trauma Release Exercise, music, breath, and prayer. In addition to team-building/strengthening and social barrier-busting, TC!W tools also offer innovative approaches to creative problem solving and self-motivation between caring partners and in the business environment.

Cost

A TC!W class sizes of 100 – ideally, a combination of 50 team members from one or two business enterprises, plus spouses/significant others – is best. T&E are billed at cost plus 15%.

- **One full day (8:00am to 5:00pm), 100 participants: \$99 per participant**

Other Costs

In some cases, we work closely with our clients to customize ongoing measurement of specific desired outcomes using secure online self-report technology. These kinds of measurements can be compared to internal performance metrics for a variety of reasons. While outside the scope of TC!W, we are glad to quote these services on a case-by-case basis.

About Music Care Inc

Music Care Inc is a subsidiary of TetraDym Inc; both are for-profit corporations. TetraDym has served the Fortune 1000 nationwide since 1989 with multi-year legacy telecom management service agreements. Our Fortune 500 clients have included Verizon Wireless, AT&T, Toshiba and Federal Express. Music Care Inc was founded to formally expand TetraDym’s services into corporate development, productivity and stress management training. In addition workshops and seminars for businesses, Music Care Inc trains volunteers and provides support for novel music-related intervention and relief programs in the Veteran, Military, National Guard and Reserve, and for agencies serving at-risk populations.

Primary Facilitator:
Bill Protzmann
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Participant Supplies

Each participant is expected to wear/bring these items to the workshop:

- Comfortable movement-capable clothing & shoes
- Yoga mat and small towel
- Personal preferred hydration if other than water, coffee or tea
- Box lunch

Resource Requirements

These items are required at the workshop venue:

- A temperature-controlled room of 3,500 square feet, hard surface floor or industrial carpet preferred
- One standard chair per participant plus five extras
- Three banquet tables, covered
- Pro audio sound system ([Bose L1 Model II with Bass Module and ToneMatch](#) or equivalent)
- Three (3) pro audio wireless headset microphones with transmitters/receivers
- LCD projector & screen
- Win or Mac computer with Microsoft PowerPoint **and USB port**
- Source of local electricity (120V standard grounded outlet)
- Water and coffee/tea for all participants

Instructors

- [Antione Johnson](#) – President, [Warrior Relaxation Response Center](#)
- [Bill Protzmann](#) – Chief Inspiration Officer, [Music Care Inc](#)
- [Mika Vega](#) – Founder, [Vital Warrior](#)