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# The Connected! Workshop

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## What is The Connected! Workshop?

“**The Connected! Workshop**” (TC!W) re-awakens awareness of the impact of different kinds of music on human performance. Participants learn the power of music as a business tool, including how to quickly up-regulate, down-regulate, increase productivity, relieve stress, innovate and communicate. This is done experientially, through re-activating the abilities all human beings have to respond to rhythm and sound.

In a very general sense, listening more closely to enjoyable music, understanding how to tailor that music to support specific mental, emotional and physical workplace demands, and using music to transform unwanted responses (to workplace and other demands) are just some of the outcomes of TC!W. Additionally, TCW is team-building/strengthening and social barrier-busting experience.

## Cost

Cost for TC!W depends on the number of participants, but we have found class sizes of 30-50 are most productive. For larger groups, repeating the entire workshop with the additional group works better than increasing the class size. T&E are billed at cost plus 15%.

- **One half day (8am to 12pm), 30-50 participants: \$125 per participant**
- **One full day (8am to 4pm), 30-50 participants: \$200 per participant**

## Other Costs

Optional services are available, quoted at an additional cost as required based on outcomes beyond the general ones described above. For example, it can be an excellent closing touch to end the workshop with a 45-minute concert by live musicians familiar with the purpose of TC!W. Within Southern California, for example, this adds an additional cost of between \$1,500 and \$5,000, depending on the number of musicians in a given ensemble, and includes travel time and expenses.

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 telecom management services. TetraDym’s clients have included Verizon Wireless, AT&T, Toshiba and Federal Express. Music Care Inc was founded to formally expand TetraDym’s services into music-based corporate productivity and related volunteer training. In addition to music-based 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.

## Participant Materials

Participants are expected to either bring or have available at the workshop:

- Mobile device or smartphone with the **Spotify** app installed and working properly!
- Headphones (NOT ear buds!)
- Note-taking supplies (manual or digital)
- Local WiFi (or LAN) Internet access
- Water/coffee/tea

## Resource Requirements

The Facilitator will require the following resources at the workshop venue:

- Pro audio sound system ([Bose L1 Model II with Bass Module and ToneMatch](#) or equivalent)
- 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

## Suggested Reading

While not a workshop pre-requisite, here is some relevant reading on the topic of functional music:

- **Campbell, Don and Doman, Alex:** “[Healing at the Speed of Sound](#),” 2012, Penguin Group
- **Sacks, Oliver:** “[Musicophilia](#),” 2008, Random House
- **Levitin, Daniel:** “[This is Your Brain on Music](#),” 2007, Penguin Group

In depth:

- **Austin, Diane:** “[The Theory and Practice of Vocal Psychotherapy](#),” 2008, Jessica Kingsley Publishers

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## **These topics are covered in both half- and full-day workshops:**

- How Music Works on Us
- What do I Need Most? How do Needs and Feelings Relate?
- Music and Primary Emotions – your top 4 songs
- How to Find the Feeling in Music – your top 5 songs
- How to Use Your Music for Support
- How to Use Your Music for Transformation

## **These additional topics are covered only in the full-day workshop:**

- Breath, Drumming and Song
- Trauma, Music and EMDR (eye movement desensitization and reprocessing)
- Suicide and Music