

**REGION 35**  
***FINDING YOUR OVERTONE***  
with Jan Carley, Inner Coach of Barbershop

**CHORUS WORKSHOPS**

***Finding your Overtone* Introduction (3 hours)**

This unique, interactive, lively session will combine highlights from Jan's first book (*Harmony from the Inside Out*) with her *new system* of how to find your personal and organizational overtone. This work will inspire your chorus work in a new, exciting and sustainable way. Results will be a revitalization of your chorus culture, increased joy, unity, and energy. Members will feel increased confidence, and empowerment to step into their unique place of brilliance and contribution to the ensemble. The group will feel unified and energized to continue the journey in the way they design. Members will have an increased understanding of the 'inner mastery' elements needed to move into ones peak performance and practical ways to apply those concepts.

**Some of the Concepts to be covered this interactive session:**

The Overtone Approach:

Learning the Generative Focus and the secret for staying in the possibility zone

Adopting a Generative Mindset: Growth vs. Fixed, Learner vs. Judger

Learning generative language that moves your forward

Creating a grounded foundation: getting present, grounding, expanding and connecting energy

Understanding the Performance Formula: Learning how to manage interference

The Power of Intention in creating audience connection

3 kinds of performance energy – which do you want?

Building the Overtone Foundation:

Defining Values

Maximizing Strengths

Power of deep acknowledgment

**Overtone Leadership ( 3 hours)**

**(for director, music, and management leadership teams, board of directors)**

A perfect companion evening to the Chorus intro session, the leadership team intensive will expand on the *Finding your Overtone* chorus session and focus specifically on the potential and growth of this very important group of women. As leaders of the chorus you support and drive the activities to support the chorus vision and director. Your impact is huge. Leadership sessions will cover practical application of specific ways to establish a high-functioning chorus culture, build and confidently model leadership skills and ensure that the best possible atmosphere exists for the director and musical product to grow forward unimpeded.

## **Finding Your Overtone FULL DAY and WEEKEND WORKSHOPS\***

### **For choruses and/or leadership teams/or area workshops**

**\*workshops can be customized depending on needs of individual chorus (to be planned in advance)**

**\*will expand on all principles listed in the *Finding your Overtone intro workshop* and add additional pieces of the Overtone System including:**

Being a leader from anywhere on the risers  
The Journey to Personal Mastery  
Creating a Collective chorus vision  
Discovering the 'WHY' that drives your chorus  
Creating a GPS (guiding purpose slogan)  
Guiding Principles  
Managing Change (Transitions)  
Developing Resiliency  
Caring without Carrying

### **INDIVIDUAL COACHING**

#### **Directors OVERTONE MASTERY PACKAGE**

As the primary person responsible for inspiring the chorus, the director must consistently model and live in a personal position of strength, balance and generative leadership. It is a pressure-filled position, and critically important for the chorus' joy, happiness and growth toward excellence. The one-on-one coaching provided in the Overtone Mastery Package will provide the support and inspiration to the director, help develop director effectiveness, inspire the director's personal journey to mastery and provide techniques to build the fire within members. This pivotal work with the director will have positive impacts on all aspects of chorus life, as well as powerful positive effects on the director's life outside rehearsal.

**\*Special Overtone Mastery Package for DIRECTORS:** One hour coaching in person /plus 6 one-hour Follow-up Skype Coaching Sessions

#### **Single one-time Coaching Sessions also available as schedule allows**

(for directors, individuals, quartets – personal coaching, business coaching, quartet group coaching)

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#### **Rates: (all rates in CAD)**

**Evening Workshops – 3 hours - \$500 CAD**

**Full Day (8 hours with lunch break) \$900 CAD**

#### **Individual Coaching:**

**Directors Overtone Mastery Package** \$625 CAD (one session in person, 6 one-hour followup sessions by Skype)

**Single Coaching sessions** for individuals or quartets while in NZ -personal coaching, business coaching, quartet group coaching) \$95 per hour/\$65 - 30 minutes (Quartets: 1 hour minimum)

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#### **\*\*\* ALSO\*\*\* DISCOUNT RATES: JAN'S BOOKS**

**Her new book, FINDING YOUR OVERTONE - release date Nov 2016, and her first book, HARMONY FROM THE INSIDE OUT (now in it's 3<sup>rd</sup> printing) - Order in advance, have them shipped and waiting for your chorus workshop to deepen the learning. BULK RATES FOR 10 BOOKS OR MORE ORDERED.**