

Music Wellness



Description

Music Wellness SKILLS DAY is a one day interactive workshop for corporate wellness and mental health programs. Grounded in our four-part framework of music wellness, participants will:

- Learn about the role of music in wellbeing
- Experience accessible ways of using music for wellness
- Engage in guided music wellness activities

Key Features

- Customized training
- Emphasis on practical experiential components
- Instructed by music wellness experts
- Team-building experience with personalized application

Who Should Attend?

- Organizations looking for practical wellness strategies for staff resilience and self-care
- Healthcare Teams
- Corporate Wellness Programs
- School Staff Teams
- Leadership Teams



"The session was so interesting. I am going to start incorporating the strategies I learned straight away into my life." -Physician, Princess Margaret Cancer Centre

MUSIC CARE by Room 217 empowers paid and unpaid caregivers through designed music care tools, training and certification



For more information contact
Lisa - lmills@room217.ca
or call 1 844 985 0217
or visit musiccare.org

Music Wellness



Develop music-based wellness strategies within your team

Benefits

- Gain an understanding of the science behind music and wellness
- Learn practical, research-informed strategies to support personal wellbeing
- Experience hands-on demonstrations of music wellness activities for immediate application
- Strengthen personal capacity for self-care, resilience and stress reduction
- Build confidence in using new resources and tools for music wellness integration
- Develop a personalized music wellness plan

Corporate wellness programming contributes to a more positive and productive workplace because it:

- Improves employee health and reduced burnout
- Increases productivity and performance
- Attracts and retains talent
- Encourages team cohesion, communication and a sense of community
- Prevents sick days

RECREATIONAL MUSIC-MAKING EFFECT ON STAFF

Dimensions (n = 43)	Pre mean (SD)	Post mean (SD)	% Change
MBI (Maslack Burnout Inventory)			
Emotional Exhaustion (EE)	16.3 (10.0)	13.2 (12.4)	-19.0%
Depersonalization (DP)	5.0 (4.5)	4.2 (5.6)	-16.0%
Personal Accomplishment (PA)	35.0 (9.8)	36.8 (9.8)	+5.1%
POMS (Profile of Mood States)			
Tension/Anxiety (T/A)	9.2 (6.0)	6.9 (5.5)	-25.0%
Depression/Dejection (D/D)	7.8 (6.6)	6.1 (6.7)	-21.8%
Anger/Hostility (A/H)	8.1 (6.0)	5.6 (6.6)	-30.9%
Vigor/Activity (V/A)	20.4 (4.7)	22.0 (5.9)	+7.8%
Fatigue/Inertia (F/I)	7.2 (5.0)	5.6 (5.5)	-22.2%
Confusion/Bewilderment (C/B)	5.6 (4.4)	4.6 (3.0)	-17.9%
Total Mood Disturbance (TMD)	17.5 (26.9)	6.6 (27.4)	-62.3%

Bittman, B et al., 2003. Recreational music-making; a cost-effective group interdisciplinary study for reducing burnout and improving mood states in long-term care workers, *Advances*, 19 No 3



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