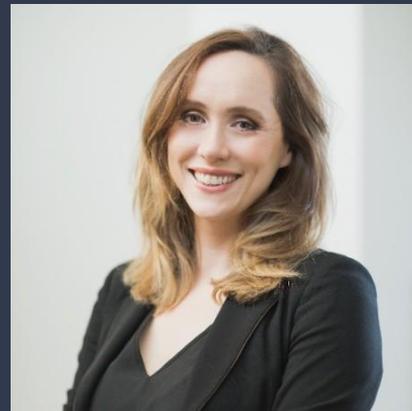


Sing! with

Sonant Arts

Strengthen your team's resilience and communication skills.

[www.sonant-arts.com](http://www.sonant-arts.com)



# Engage both sides of your brain.

We explore ways in which bridges can be built and connections made, through art and sound.

We coach performers, and use that experience as a means of coaching individuals from any industry.

Our interactive group workshops are designed to build resilience and communication skills between your team members, allowing them to improve and maintain their work performance under pressure both individually and as a team.

# Don't be nervous!

Professional musicians face nerves and new situations too.

Communicating as a group is never stronger than in a musical context: the communication between performing musicians on a stage is vital for a successful concert.

Singing is something everyone can do - yes, everyone! It welcomes all abilities. It is gender neutral. It does not discriminate and is inclusive for everyone.

What's more, it's good for you. Singing releases endorphins, oxytocin and cortisol. Look them up.

When we sing together, we bond.

# Can it really help?

## **Yes.**

Outcomes for your team will be:

- Increased Resilience;
- Improved communication skills;
- An adrenaline high for those who have overcome an obstacle;
- Increased confidence from conquering a fear;
- Equality and comradery.

## **And we'll compose something just for you.**

We recommend a call with one of our facilitators ahead of time to discuss the running of the day and any current challenges within your team.

This is included within the cost of the workshop.

# Orlanda Bryars: founder, Sonant Arts

I am a professional Soprano and 'cellist specialising in New Music and Early repertoire. I started my musical career playing the cello at the age of just 2! I've been involved in the Classical and Contemporary Music scene in London and across Europe for twenty years, and have performed at London's Royal Opera House, Beijing International Film Festival and New York's Carnegie Hall among others. I spent two years in Australia where I ran Chronology Arts, a Not For Profit Artists Agency promoting Australian Composers and New Music Performers, and was a board member of The Substation, a multimedia arts venue in Melbourne's West.

In addition, I've had over 10 years of experience working with corporates within the Banking and Financial Services in London. I am passionate about bridging the corporate-artistic divide, helping musicians be more commercially aware, and those working in the corporate sector to get in touch with their artistic sides.



# references

<https://www.salford.ac.uk/news/articles/2017/singing-in-a-choir-is-good-for-your-health>

<http://www.ox.ac.uk/research/choir-singing-improves-health-happiness-%E2%80%93-and-perfect-icebreaker>

<http://rsos.royalsocietypublishing.org/content/2/10/150221>

<https://www.ncbi.nlm.nih.gov/pubmed/29137545>

<https://www.cmuse.org/psychological-and-physical-benefits-of-choral-singing/>

These are just a handful of the numerous reports and case studies widely available that show the improvement of physical and mental health that singing in a group can achieve.

In addition to our full workshops, we offer one on one, or ad hoc group singing lessons for beginners in the workplace.

We look forward to working with you to bring your team together and increase their individual and group morale.

Contact: [Orlanda@SonantArts.com](mailto:Orlanda@SonantArts.com)