

TUNE IN
 from music therapist to community leader
 de musicothérapeute à leader communautaire



7 steps to being a
 happy, healthy leader


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Music therapy can teach us everything we need to know about leadership.

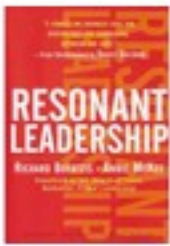
There are so many avenues we could take today but I have chosen to take the approach of 7 Steps to ensure happiness and health at the core of our leadership.

1 assess where you are at
évaluer où vous en êtes



a resonant leader is:

- prime good feelings in those they lead/ *dégagent de bons sentiments envers ceux qu'ils dirigent*
- attune to people's feelings *se synchronisent avec les sentiments des gens*
- free the best in people *libèrent le meilleur chez les gens*
- are emotionally expressive *expriment leurs émotions*



Resonant Leadership
 Richard E. Boyatzis
 Annie McKee

What areas are you strong? Weak? What does a resonant leader mean to you? Are you a resonant leader?

an expert is:

- a person with a high level of combined education, experience and skill

une personne avec un niveau élevé d'éducation variée, qui est à la fois compétente et expérimentée



- a person who is widely recognized as having valuable knowledge in a particular area

une personne qui est largement reconnue pour ses connaissances appréciables dans un domaine en particulier

- a person who has demonstrated ability to deal with a particular task or problem more efficiently than most people

une personne dont l'efficacité à faire face à une tâche ou à un problème particulier prime sur les autres

When do you seek out an expert? Who do you see as an expert? What characteristics do they exhibit?

are you an expert?
êtes-vous un expert?

Do you see yourself as an expert - why or why not? What benefits are there in being known as an expert in your profession?

"People of mediocre ability sometimes achieve outstanding success because they don't know when to quit."

Les gens de moindre capacité atteignent parfois un succès remarquable parce qu'ils ne savent pas quand s'arrêter.

George E. Allen

Don't panic - some people may not yet be an expert....



Music Therapy does do amazing things for people:



A multi state, 2 year study in the US has been published in the Journal Arts and Health in February monitored medication usage of two groups- one group that resided in long term care and one group that resided in long term care AND participated in a regular group music program 3 times per week.

The participants in the music program 3 times per week reported a higher overall rating off physical health, fewer doctors visits, less medication used, and fewer instances of falls compared to the control group.

The author of the study suggests that if all persons who fall under what is classified as Medicare D (national health coverage for those aged 65 and older in the US) participated in the music program with similar results as in the study - then the savings would equal 6.3 billion dollars.

small group music - like music therapy



Music Improves Movements in Stroke Rehabilitation

La musique améliore les mouvements en contexte de réadaptation post-AVC

Brett J. Magee WL, Dileo C, Wheeler BL, McGiloway E. Music therapy for acquired brain injury. Cochrane Database of Systematic Reviews 2010, Issue 7

Music Therapy Improves Spontaneous Speech in Toddlers with Cochlear Implants

La musicothérapie améliore la parole spontanée des tout-petits avec les implants cochléaires

University of Hulls (2010, January 7). Music therapy can assist toddlers' communication rehabilitation process. ScienceDaily. Retrieved October 21, 2010, from <http://www.sciencedaily.com/releases/2010/01/100106003636.htm>

what problem
are you solving?
quel problème que nous résolvons?



Saturday, 18 May, 13

If we don't know what problem we are solving we can't lead people to the answer that MT can provide.



know your
signature story
histoire personnelle

Your signature story (personal and emotional) should answer the question of what problem you solve, and your skills in solving it.



3 build the right kit
créer son propre coffre à outils



**what tools (skills) do you
have that contribute to an
inspiring workplace?**

*Quels sont les outils que vous avez qui
contribuent à rendre un environnement
de travail inspirant?*

There is evidence to suggest that the most effective daily disciplines should make you feel happy.



4 practice daily disciplines
ayez des routines quotidiennes

75% of job success is determined not by a person's intelligence, but by their ability to maintain an optimistic outlook and manage stress in a positive way.



75% du succès dans le travail est déterminé par l'habileté d'une personne à gérer son stress de façon positive et par son habileté à maintenir une perspective optimiste, et non pas par son intelligence.

- Shawn Achor - Author, *The Happiness Advantage*

"If you can raise somebody's level of positivity in the present, then their brain experiences what we now call a happiness advantage, which is your brain at positive, performs significantly better than your brain at negative, neutral, or stressed."

Everything gets better when your brain operates in a positive state. Your intelligence rises. Your creativity rises, and your energy levels rise.

What's even better is that we can train our brains to become more positive."

- Shawn Achor - Author, *The Happiness Advantage*

- meditate for 2 minutes/ méditez pendant 2 minutes
- exercise for 15 minutes/ faites 15 minutes d'exercices
- hang out with people who make you feel good/ tenez-vous avec des gens avec lesquels vous vous sentez bien
- commit to one act of kindness/engagez-vous dans un acte de bonté
- * listen or make music that inspires you/écoutez ou jouez de la musique qui vous inspire

These are the daily disciplines of Shawn Achor - we also know that listening to music is an exceptional daily discipline.

activities that develop your skills
des activités qui développent vos compétences

activities that promote your profession
des activités qui favorisent votre profession

activities that promote your expertise
des activités qui favorisent votre expertise

activities for self-care
des activités pour les soins auto-administrés

activities that connect you to others
des activités qui vous relient aux autres

What daily disciplines can you add to your life that will help you in one or more of these areas.

5 foster strong relationships
favorisez les relations durables



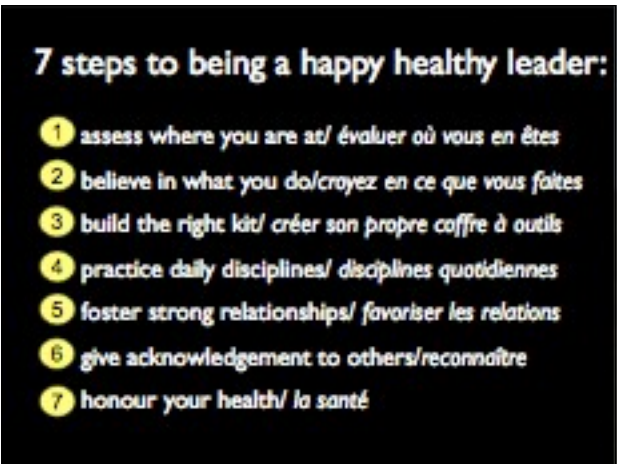
foster strong relationships that contribute to your health and happiness.



If you had three awards you were going to give out to your workplace - if you were going to give out an award for outstanding customer service at your workplace who would you give it to?



Your most critical relationship is you. you need to be LEADER of your own health - because as a leader you are going to fail A LOT, and you are going to let others down A LOT



7 steps to being a happy healthy leader:

- 1 assess where you are at/ évaluer où vous en êtes
- 2 believe in what you do/croyez en ce que vous faites
- 3 build the right kit/ créer son propre coffre à outils
- 4 practice daily disciplines/ disciplines quotidiennes
- 5 foster strong relationships/ favoriser les relations
- 6 give acknowledgement to others/reconnaître
- 7 honour your health/ la santé



in business they say if you want your ideas to be remembered you need to make it sticky.....

I am going to suggest that music therapists want to tattoo their leadership - that the feelings and behaviours we share with our clients will be in everything we do.

Integrate your leadership in everything you do.



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We don't know what this course will achieve, we don't know what ground we'll cover together. We don't know how you'll all grow, what you'll learn. ...others will teach us.

Nous ne savons pas ce que ce cours accomplira et nous ne savons pas quelle matière nous couvrirons ensemble. Nous ne savons pas comment nous allons tous évoluer, ce que nous apprendrons. ...les autres nous montreront.

— DR. CLIVE ROBBINS

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