

Need a way to keep your staff calm, energized, and connected?



The current health concerns created by COVID-19 are causing companies to make major shifts in work environments. The uncertainty surrounding the circumstances and the lack of social interaction and normalcy of the work environment can leave many employees feeling isolated, distracted, and unmotivated.

Music is a powerful, universal tool, used throughout the existence of humanity as a method of communication, a way to influence emotions, and a means to access connection to ourselves and others.

Board certified music therapist Marlys Woods offers virtual music therapy sessions for corporate environments to help co-workers navigate the need to process emotions and shifting responsibilities while maintaining productivity.

Employees gain tools to manage their emotions through activities like music listening, songwriting, drumming, and mindfulness - all while having fun and connecting with one another. And we all know that employees who feel lower stress levels are better able to maintain a more efficient and productive workflow.

No musical knowledge or experience is required. Even in the midst of an evolving work environment, You can still cultivate a sense of community and build morale in a virtual environment, using something that everyone knows and loves - music! Sessions are available immediately.

BENEFITS

- Lowered stress and anxiety levels
- Increase in communication skills
- Increased connection with coworkers
- Increased motivation
- Self-expression
- Decreased feeling of overwhelm
- Greater self connection

***Excellent for
team building and
morale in times
of stress!***



FOR MORE INFORMATION:



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