



**You
ensure
the
company
thrives.**

But what about you?

A company's top talent performs best when stress levels are lower and resiliency is high. This can be difficult to maintain in high-pressure positions.

Board certified music therapist Marlys Woods offers virtual, private sessions for CEOs and upper level management, providing experiential tools through the use of music-based interaction.

Music is a powerful, universal tool, proven to be a useful way to influence emotions. Designed to help alleviate stress and lower anxiety levels, this creative work also helps those in leadership positions to become more effective in communicating with staff and colleagues.

No musical knowledge or experience is required. Clients can choose to invest in a discounted session package or take individual sessions to accommodate a busy or unpredictable schedule.

BENEFITS FOR CEOs and UPPER LEVEL MANAGEMENT

- Lowered stress and anxiety levels
- Feeling more in control
- Increased connection with staff and colleagues
- Increased creative problem solving initiative
- Address addictive tendencies
- Increased ability to remain calm under pressure
- Decreased feeling of overwhelm

FOR MORE INFORMATION:

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