

# Workplace Choirs

## THE PRODUCT

Following periods of lockdown, isolation and working from home, what could be a better vehicle to help your staff reconnect, in a relaxed and entertaining way, than with their very own staff choir?

In the company of an experienced choirmaster, your team will spend a fun-packed hour singing warm up exercises and vocal games, culminating in the performance of a well known song of their choosing.

## HOW WILL IT HELP YOUR STAFF?

- They will become more connected to their colleagues.
- They will enjoy a greater sense of wellbeing through the release of endorphins (a proven positive side affect of singing).
- They will experience stress relief as the level of cortisol begins to lower in their blood stream.
- They will develop their singing and communication skills through vocal exercises and learning new songs.

## DETAILS

**Times:** Anytime during the working day or evening

**Format:** 60 minutes - beginning with vocal warmups/games followed by learning a well known song.

**Requirements:** A power supply and suitably-sized room.

**Participants:** The choir can work with as few as 6-8 staff members, each session being designed for each group.

**Customisation:** Sessions can be tailored to each specific business and to its particular needs.

Businesses can book as many or as few sessions as they require.

Sessions can be delivered at any frequency - weekly/daily/ one-off session

## COSTS

Each 1hr session costs **£75.00**  
This includes all prep materials e.g. pdf music sheets and mp3 practice tracks issued prior to each session.

**Why not book a FREE taster session!**



## ABOUT

Keith Acheson is a Belfast-based composer, conductor and teacher. After obtaining a BMus (Hons) in 1996 he was awarded a PhD in composition from the Ulster University in 2002. He has studied with the late James Wilson, Martijn Padding, Kalevi Aho and Ake Pamerud at the Ennis IMRO and ISCM World Composers' Summer Schools.

He has had work performed by the Ulster Orchestra, Gemini Ensemble, Arco String Quartet, HUUJ Ensemble, Philippa Davies, Anne-Marie O'Farrell and Brian Keenan.

Most recently he conducted the world premiere of his hour-long work '18' for soprano, women's choir, narrator, string quartet, piano and tape, at the Crumlin Road Gaol.

Commissioned by Belfast City Council, it honoured the activism of local suffragettes.

He is currently the Choir Master of the Sing For Life and Crescendo community choirs as well as the Citi and Belfast Trust staff choirs.



## BOOKING DETAILS

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# 7 Reasons For A Workplace Choir

Singing can be one of the most joyful activities in which you'll ever take part. Not only can it be great fun, the emotional and physical benefits are simply overwhelming.

## **1. Wellbeing**

Why do we feel good when we sing? Singing releases endorphins, the brain chemical linked to happiness and a sense of wellbeing. Along with this, scientists have also pinpointed a tiny organ within the ear which is triggered by the sound created when we sing. When stimulated the 'sacculus' creates a sense of pleasure....and even better, it doesn't matter what your singing actually sounds like!

## **2. Stress Relief**

Singing has a unique ability to help you take your mind off everyday stresses and strains. As it is an 'active' process, your mind becomes focused on the creation of sound and the sound created, leaving little or no room for external negative thoughts that can be troubling you.

The stress of everyday life can also affect your body, particularly creating muscle tension. Making music, by either playing an instrument or singing, can be a powerful and natural relaxant. As you relax, your muscles loosen their tension, triggering the lowering of the stress hormone cortisol in your blood stream.

## **3. Fitness**

Singing can be an excellent form of exercise no matter what your age or physical ability. It has a dramatic impact on lung function, diaphragm and overall circulation. As breath and breathing is a key component of singing the increased intake of oxygen while singing can result in greater levels of stamina and lung capacity. A much more oxygen rich blood stream reaching the brain, greatly enhances levels of concentration, sharpness and memory.

## **4. Posture**

When you sing, your body is your instrument and the better your instrument the better the sound. Regular group practice with an experienced leader will help correct your posture and therefore your sound. Through regular singing/posture practice and the actual physical movement involved in singing i.e. the expansion of the chest cavity and the alignment of your back and shoulders, you will have a healthier posture that can positively impact all aspects of your everyday life.

## **5. Immune System**

Yes, singing helps boost your immune system. Scientists have demonstrated this by testing individual choir members' blood, before and after a one hour rehearsal. In the vast majority of cases, proteins in the immune system that function as antibodies were significantly higher than before the rehearsal. The same increases were not found when the choir members passively listened to music.

## **6. Team Benefits**

There are countless team benefits to singing as part of a staff choir. From weekly or twice weekly practices to more intense periods leading up to a concert, you'll find team spirit greatly enhanced due to the intimate bond uniquely created through singing together as one.

## **7. Confidence**

Performing for an audience can be a daunting experience, however singing as part of a group can be an excellent way of feeling protected while still receiving the warm glow of praise from family members, friends and work colleagues. Positive live performance experiences will increase confidence and can really help other aspects of your life e.g. giving presentations as part of your job or any other situations that require you to speak to a group of people.



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