

# **FINDING US IN MUSIC™**

QUANTUM BONDING THROUGH MUSIC

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## **FACILITATOR TRAINING COURSE: FINDING US IN MUSIC**

*“It’s such an extraordinary thing, music... and it seems to be how we communicate on another level. (Bono U2).”*

The second on-line version of Facilitator Training course for Finding Us in Music™ (FUIM) will start during the third week of September. Dates and times to be finalised once we know the preferred days and time of participants.

This innovative and trade-marked course will be held over 9 weeks. The course is designed for experienced facilitators who love working with music. This training course will provide opportunities to cultivate and deepen the facilitator’s inner qualities, such as authenticity and creativity, and equip the facilitator with an additional set of skills and competencies. The ideal candidate is an experienced facilitator who wishes to broaden his/her repertoire of processes which build belonging in natural teams. The FUIM methodology at its core, is a social flourishing practice, that builds the relational field within teams. More than team building, it fosters connection in fresh and unexpected ways, manufactures and deepens trust within groups. An enriched relational field frees team members to see each other fully and unleash collective potential.

***This 40 -hour on- line program***, delivered over 9 weeks, is built on a tried and tested methodology. You will hone and refine your ability to listen to others in a holistic and layered way through the frame of music and reflective storytelling. You will learn how FUIM not only builds trust in teams but discover how music builds invisible bonds of belonging between group members.

***Flexible format:*** The course will use a variety of blended learning and practice methods in order to allow maximum flexibility to participants. Delivery will be both synchronous and asynchronous. Participants will listen to weekly recorded conceptual input in their own time and engage in reflection and journaling exercises; individual exercises; practical listening exercises in dyads; practice sessions in groups of 5 to 7 people; question and answer sessions. In addition, each participant will receive individual coaching.

### ***Course components:***

**Philosophical and methodological foundations** are drawn from a variety of disciplines. Concepts will include principles of relational ontology supporting; appreciative inquiry; positive psychology; layered listening; the art of the group; collective wisdom; how and why music is a catalyst for self- awareness and personal growth; understanding the knower, the process of knowing and the known.

**The FUIM methodology and training** hones the facilitator’s ability to deepen his/her own reflective and listening capacities. These are refined and embedded in music and

story as the kaleidoscope through which deeper meaning is felt, seen, discerned and integrated.

The course will build on and enhance every facilitator's existing experience, but the expectation is that the integrity of the Finding Us in Music design, and process will be followed.

Participants will learn how to:

- listen to music and themselves differently,
- shift the way others listen to music and themselves
- create a dynamic yet safe relational field for the group
- identify qualities; underlying themes that emerge in personal stories and amplified in music
- listen with generosity, empathy, non- judgment, discernment and compassion
- listen with fluid, creative attention yet aware of nuances and subtleties
- recognize the essence of each person's story and music and translate this into accurate feedback
- make meaning of music and story
- role model how to be fully present
- role model how to empower reflection and evoke insight
- role model giving feedback and how and when to get out of the way
- learn the discipline and practice of self-management
- facilitate a Finding Us in Music group – both on- line and face to face

**TIME:** The day and time of the course will be determined closer to the time, with consideration given to the geographical location of the participants. If additional time for practicing facilitator skills is required, these can be arranged. There will be on going boot camp practice opportunities for all people seeking certification.

- **COMMITMENT:** requires 40 hours – 4 or 5 hours per week. This includes: listening to recorded lectures; listening to music in order to deepen how you understand yourself through music; reading, journaling, short written assignments; practical exercises on-line in dyads; practicing in on-line groups and participating in question and answer session; 2,000 word essay. Agreements regarding accreditation and licensing process.
- **THERE IS SPACE FOR 4 MORE PEOPLE.** To find out more about costs, and partial scholarships: Send an e mail to [hello@findingusinmusic.co.za](mailto:hello@findingusinmusic.co.za) or connect on **Linked in** <https://www.linkedin.com/in/barbaranussbaum/> and website <https://www.findingusinmusic.co.za/>