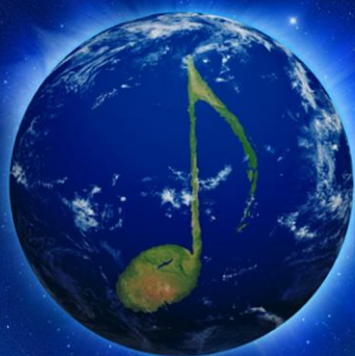


*“It’s such an extraordinary thing, music...  
and it seems to be how we communicate on another level.”*

- Bono (U2)



# Finding Us in Music<sup>™</sup>

FACILITATOR TRAINING COURSE

with Barbara Nussbaum

## The need to build belonging

During these extraordinary times, when social distancing is forced upon organisations and ever-greater stressors are placed on individuals everywhere, the need for connection and togetherness has never been so apparent.

- Does your organization depend on high-performing teams?
- Do individuals in your team have times when they feel overloaded or overextended?
- Do you wish to learn a fresh set of skills to add to your repertoire as a facilitator?

When team members slip into patterns of exhaustion, overexertion or burn-out, the performance of the entire team suffers. It is precisely these relationships between colleagues that can provide the support and understanding so needed during difficult times, and that enable the effective collaboration and creative problem-solving so sought after when times are good. If you are wanting to address these issues in a unique and nourishing way, this course may be for you!

## Unlocking the value of inclusion

To flourish in the uncertain years ahead, organisations will need to nurture and cultivate the social and intellectual capital that exists in the diversity of their teams. As a facilitator, you can learn a new way to unlock the gifts of diversity and inclusion. Meaningful inclusion asks for a level of authentic engagement and belonging that most workplaces struggle to facilitate.

## Facilitator Training Course: Finding Us in Music™

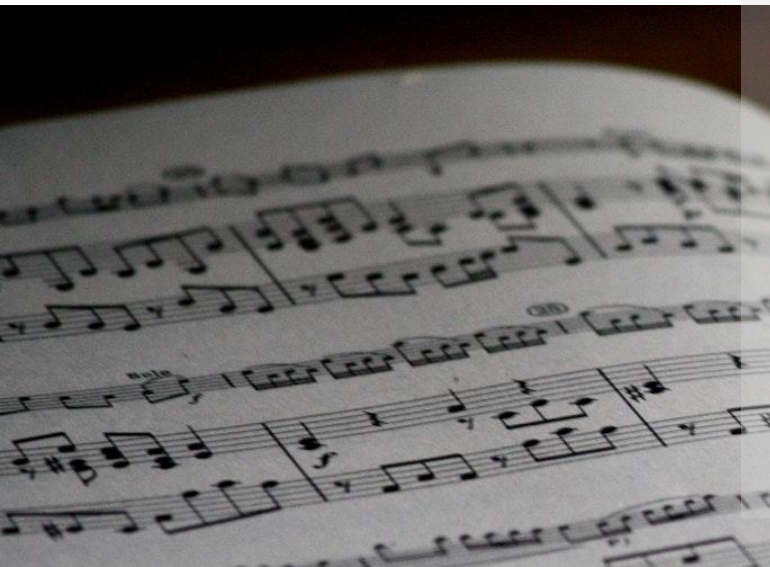
The third online Facilitator Training course for Finding Us in Music™ (FUIM) will start during the first week of March 2021. Dates and times to be finalised once we know the preferred days and time of participants.

This innovative and trademarked course is designed for experienced facilitators. 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 a fresh set of skills and competencies. You will master how to use music and other-centred listening in the service of both individual agency, group cohesion and team performance.

The ideal candidate is an experienced facilitator who wishes to broaden his/her repertoire of processes which build belonging in groups. The FUIM methodology at its core, is a social flourishing practice, that ignites creativity and mutual understanding within natural teams.

### Commitment:

This 25 hour course is built on a tried and tested methodology. Participation requires a minimum of 2 hours per week. This includes listening to lectures; listening to music in order to deepen how you understand yourself through music; reading, journaling in order to integrate and apply your insights. Practical skill practice in small groups. In addition, there will be; experiential exercises in dyads; honing skills in on-line groups; question and answer sessions, mentoring and coaching.



*Barbara has an infectious joy,  
wonder and curiosity that  
enable her to be a masterful  
facilitator, coach and teacher*

Yochi, Jonathan Ress, Facilitator, Psychologist  
and Musician; CEO Attuned Consulting,  
Johannesburg



## The power of music

Because music taps into a more complete picture of each person, more of the person's self is revealed and becomes accessible to others.

The presence of music itself changes the atmosphere and radically alters the way people see each other. Music surfaces new truths and builds bonds in a way that words cannot.

We experience the roots of each other's hope, passion, priorities, excitement and inspiration.

Facilitating groups using music requires particular skills and sensitivities and these can be cultivated and developed.

### Do you have the following:

- ❖ A passion for listening to music?
- ❖ Musical intelligence? Love for music?
- ❖ Creativity? Facilitation Experience?
- ❖ A love for people?
- ❖ A desire to include and incorporate appreciation and generosity into the way you facilitate?

This training course will provide opportunities to cultivate and deepen the facilitator's own qualities, such as authenticity and creativity, listening skills, and equip the facilitator with specific competencies. The ideal candidate is an experienced facilitator who loves music, working in groups and wishes to broaden his/her repertoire of processes which build belonging and enhance performance in natural teams.

## Facilitator Training Course: Finding Us in Music™

In the next on-line course for Finding Us in Music™ (FUIM) 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. Music provides a profound point of entry for participants to identify and listen to self and others from the core of their being. You will learn how to: listen with generosity with greater empathy and imagination. Through music you will cultivate a deep awareness of self and the other. You will master the art of non-judgment, creativity, synthesis, discernment and embodied compassion. In addition you will learn to:

- listen with fluid, creative attention yet aware of nuances and subtleties in the music
- recognize the essence of each person's story and music and translate this into accurate feedback
- make meaning of the music and story participants choose
- role model how to be present
- role model how to empower reflection and evoke insight and connection in others
- role model giving feedback and then learn how and when to get out of the way
- learn the skills to facilitate a Finding Us in Music™ session

*. Barbara gently coached us as facilitators to listen differently and to harness the power of this unique methodology preparing us to use it to bring about deeper connections and shifts in groups we work with.*

- Alison Gitelson, Master Trainer  
Facilitator, South Africa

*“Barbara's special blend of insight, empathy and ability to 'connect' is the perfect skill set to ensure that her innovative process works.”*

David Storey  
Partner  
Ernst and Young, UK



### Benefits

The **Finding Us in Music™** experience invites a different quality of attention and intention. This softer, more emotionally-intelligent and empathic version of attention allows for changes in the team including:

- **Heightened group engagement**, deepening connection and the potential for creativity and collaboration;
- **Increased cohesion**, as groundbreaking insights emerge and develop within the team;
- **Greater belonging**, as the permission to express emotion and purpose increases trust between team members;
- **Generative diversity and inclusion**, through an emphasis and appreciation of the multiple perspectives that exist in a diverse team.

Cultivating this human and social capital positively impacts the ability of teams to access latent talent and motivation; to creatively solve problems and to take courageous, innovative decisions. You can learn how to do this!

### How can I learn more about the training?

You can be in contact with Barbara to receive an application form, and you can request details to attend an introductory session and or personal interview. The next course is due to start in early March 2021.

### About Barbara

Barbara Nussbaum is a US citizen, who is based in South Africa. She is a published author, graduate of the London School of Economics and trained creative arts therapist and has used her experience to design the ground-breaking team-building methodology, **Finding Us in Music™**.

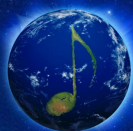
Her pioneering work introduces an empowering social flourishing practice with long-lasting effect on individuals, teams and organisations. Thousands of people locally in South Africa and globally in Holland, India, Germany, Japan and the USA have been touched and inspired by her music-centric methodology and the dynamic quantum bonding it delivers. Her first formulation of **Finding Us in Music™** was included and published in the *Handbook on Personal and Organisational Transformation* (Springer, 2018 editor Judi Neal.)

Barbara's other work includes co-authoring with Dr Ronnie Lessem, *Savubona Africa Enabling Four Worlds in South African Management* (Struik, 1996) and *Personal Growth African Style* (Penguin, 2010), Nussbaum B, Palsule S and Mhkize V.

She is now running online courses every quarter for experienced facilitators who wish to add a meaning and effective process to their repertoire.

Contact Barbara now to enquire:

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- +27 82 628 1886



[findingusinmusic.co.za](http://findingusinmusic.co.za)