



# The Making of a Champion & Music Therapy

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**COURSE MATERIAL**

# The Making of a Champion & Music Therapy



The MOC course is designed to empower and nurture young individuals, helping them reach their full potential. It focuses on developing a strong mental framework that encourages positive and structured thinking laying a strong foundation for aspiring young leaders. By integrating music therapy into our leadership programs, we offer a distinctive opportunity for individuals with learning difficulties to become effective leaders. This integration enhances participants' growth in various areas, such as emotional intelligence, communication and expression, collaboration and teamwork, creativity and innovation, as well as stress management and self-care.

## COURSE STRUCTURE

- Pre-Meeting to provide course overview to referring organisations and young people
- Kick-Off-Meeting to facilitate team-building and give direction for the course
- Ten further weekly meetings, each lasting 2 - 2.5 hours, to discuss lesson contents, tasks assigned and next steps
- Final presentation of the goals achieved with the use of multimedia (e.g. film, music, press)

## THE TEN MODULES

- 1 **Desire:** Where motivation begins
- 2 **Potential:** Use your talents to the full
- 3 **Personal goals:** Dreams with a purpose
- 4 **Commitment:** Paying the price
- 5 **Work:** Preparing for success
- 6 **Determination:** Refusing to quit
- 7 **Courage:** Self-confidence when facing challenges
- 8 **Concentration and Visualisation:** Building self-belief
- 9 **Perspective:** The true value of victory
- 10 **Winning Attitudes:** The quest for your best



### PROGRAMME INCLUDES:

- Music Warm ups
- Instrumental work
- Improvisation
- Rhythm and pulse
- Vocal work/Singing
- Music motricity games
- Soundscapes
- Using backing tracks and holding sounds
- Musiking through listening and writing/drawing.

A fun, and integral part of the overall success of the programme are the dynamic facilitated meetings where participants have an opportunity to express their ideas and feedback on how they have been inspired. Enthusiastic participation enhances their confidence and desire to really make the most of their talents and opportunities.

### ADVANTAGES & BENEFITS

The course provides the following advantages and benefits:

- Enhancing communication skills
- Increasing self-confidence and self-expression
- Improving emotional well-being
- Encouraging playfulness, creativity, and self-expression
- Enhancing listening and concentration skills
- Developing physical, sensory, and cognitive skills
- Recognizing self-motivation as a key to success
- Building up social skills and teamwork abilities



**Awaken Platform** is a global leadership development consultancy and a licensee of LMI (Leadership Management International) a leading global organization that operates in over 80 countries and in 25 languages, worldwide. For over 50 years LMI have developed a reputation for delivering highly effective Management & Leadership development programmes to companies large and small and to individuals at all levels.

**What is Music Therapy?** Music therapy is a form of therapy that harnesses the power of music to improve physical, emotional, cognitive, and social health. It uses music-based techniques to help individuals with learning disabilities overcome their unique challenges. By engaging various parts of the brain, music therapy has been shown to have a positive impact on early childhood development, learning, and everyday activities. It can enhance attention, listening skills, speech abilities, emotional regulation, motor coordination, memory, and decision-making abilities.

Both you and your organisation will achieve greater success with Awaken Platform as an active partner. Contact us today to start your journey.

joelle.r@awakenplatform.com  
manal.b@awakenplatform.com

