



# EMPOWER!

## 2020 FALL MUSIC SCHOOL

Region 14 Members, UNITE! The choral world as we know it is in great turmoil, and the fate of your chorus lies in your hands. There is a superhero inside us all and it's time to assemble to save our Region 14 Fall Music School from our evil nemesis, COVID-19! Led by superwomen Britt-Helene Bonnedahl and Jan Carley, discover ways to empower your leadership, vocal superpowers, and mind to be the best superperformer you can be! You'll also learn how to access and explore your innate and unique superstrengths, will learn to identify and appreciate your fellow hero's powers, and will ultimately be given the tools to build a thriving superchorus universe!

**WHO:** ALL Region 14 Superheros (there is a superhero inside all of us!)

**WHAT:** Fall Music School - EmPOWER!

**WHEN:** September 11th & 12th

**WHERE:** In the comfort of your own headquarters - ONLINE!

**WHY:** To save our Fall Music School!

### SCHEDULE

#### FRIDAY, SEPTEMBER 11

TIME	LED BY	CLASS/ACTIVITY
7:00PM - 10:00PM EST	Jan Carley	Empowered Leadership

#### SATURDAY, SEPTEMBER 12

TIME	LED BY	CLASS/ACTIVITY
9:00AM - 11:00AM EST	Britt-Helene Bonnedahl	Empowe Your Voice
11:00AM - 12:00PM EST	RMT	Lunch & Social Break
12:00PM - 1:00PM EST	Regional Faculty	Breakout Classes & PVIs
1:00PM - 4:00PM EST	Jan & Britt-Helene	Empower Your Mind
4:00PM - 7:00PM EST	Regional Faculty	Dinner, Breakout Classes, & PVIs
7:00PM - 10:00PM EST	RMT	Afterglow

All classes will be held via Zoom. You must register by Friday, September 11th at 5:00PM in order to attend.





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### CLASS DESCRIPTIONS

CLASS	CLASS DESCRIPTION
<b>Empowered Leadership</b>	<p>As a chorus leader in any capacity, you are a critical influencer to the joy and success of your ensemble. Not only are you responsible for modeling the behaviors that the chorus will follow, you must also ensure that the best possible atmosphere exists for the members and the musical product to grow and move forward unimpeded.</p> <p>This kick-off evening with Inner Coach of Barbershop, Jan Carley, will inspire you as a leader and remove the interferences that get in the way of sustaining your position of strength, balance, and generative leadership. You will leave empowered and encouraged about your important leadership contribution and with practical tools to immediately implement transformative changes in your life, and the lives of those you lead. Come to this leadership evening with an open mind and heart. This could well be the learning that positively shifts both your life and your chorus culture forever.</p>
<b>Empower Your Voice</b>	<p>Empower your unique voice by learning a basic system of vocal development, vocal anatomy, breathing for singing, and skill building. This class will define the system and show you how to apply it to YOUR vocal improvement and maintenance needs. You will build your personal vocal technique toolbox and learn how you can optimize your capacity for breathing and singing better to gain a positive impact in your life.</p>
<b>Empower Your Mind</b>	<p>Do you want to build your mental strength for performing? Increase your ability to perform your best both onstage AND at every rehearsal. Britt-Helene and Jan will lead you through a lively and experiential afternoon of tapping into the the power of your mind and empowering you with tools to create the thoughts that will help you as a singer and in your whole life. The afternoon will help build your self-confidence, acknowledge and celebrate your personal strengths, open up your mind to your greatest possibilities and empower you to “be” the singer, performer and person you want to be. You will find that your greatest superpower lies within!</p>
<b>Breakout Classes &amp; PVIs</b>	<p>All breakout classes and descriptions will be released in late August. All registered individuals will receive a form to choose which breakout class and/or PVI they’d like to attend.</p>
<b>Afterglow</b>	<p>Join your fellow superheroes in a virtual celebration!</p>

