



# **NORTH LONDON MUSIC THERAPY**



# **FINDING YOUR RHYTHM**

**AFTER COVID-19**



## What is it?

- ◆ An **interactive** workshop where participants **learn through doing**
- ◆ Increased **confidence** and **understanding** of employee needs during challenging times
- ◆ More effective **communication** within your teams
- ◆ Improved **reflection** on workplace wellbeing

Across the globe we are all experiencing trauma and a change in our ways of life that no one could have anticipated. Emotions have been stirred within our loved ones, our teams and ourselves. It may feel more challenging than anything we have come across in our careers before. This half day workshop will give your teams the tools to:

- ◆ Spot the key patterns in trauma situations
- ◆ Start making sense of the changes in our world
- ◆ Respond to those experiencing difficulties, at work and at home



## Prices\*

### FOR A HALF DAY WORKSHOP

Up to 10 participants - £1000

11-20 participants - £2010

For different sized groups or other bespoke workshop requirements, please get in touch.

NHS and charities will receive 25% discount.

## Get in touch

To find out more about Finding Your Rhythm after COVID-19 or to discuss your company's requirements for a bespoke workshop, contact NLMT at

[marianne@northlondonmusictherapy.com](mailto:marianne@northlondonmusictherapy.com)





North London Music Therapy was founded in 2018, to provide music therapy for anyone, of any age, with a mental health condition such as stress, anxiety or depression. NLMT provides music therapy for individuals and groups, designs and delivers workshops for the corporate market, and provides further training and CPD for qualified and trainee music therapists.

NLMT holds its own music therapy clinics across North London but can also provide music therapy or workshops in bespoke locations for companies. NLMT specialises in long-term work, and believes that therapy should be offered for as long as someone feels they need it, running counter to the prevailing therapy model in the UK.

NLMT is the first music therapy organisation to be registered as a recommended provider for the British Association for Performing Arts Musicians (BAPAM). With strong links to the British Association for Music Therapy (BAMT) and the Guildhall School of Music & Drama, the oldest music therapy training provider in the UK, NLMT enjoys a commendable reputation within the wider music industry.



## **Testimonials from previous participants**

“A very helpful, informative and well-balanced mix of pre-prepared content and open space for dialogue. The course trainers were engaging and knowledgeable, and I found that the training flew by, leaving me with lots of food for thought. Thank you so much for an inspiring workshop!”

Team member, Nordoff Robbins

“Thank you for the opportunity to connect and discuss ideas and experiences together.”

Team member, University of South Wales

