

Sing AT WORK

Empowering Employees
to find their Voice!

Enhance employee engagement & promote health and well-being in your workplace through the power of singing.



Building Teams through Singing

Through Covid, many businesses have been forced to ask their employees to work from home. Constant online meetings and lack of face to face engagement can be exhausting. Zooming is going to be our 'norm' for the foreseeable future, creating many challenges for employee engagement and motivation but singing can really help!

Sing at Work love working with businesses to motivate, increase productivity, improve morale and create high performance teams. Although we've always offered online classes we have adapted how we work with our clients through the pandemic, creating powerful solutions allowing you and your teams to reconnect through singing!



The benefits of taking *Sing at Work* to your desk (albeit virtually)

Beyond the joy of singing, there are many powerful reasons why **Sing at Work** can be of benefit to employees and in turn, your business, both physical and psychological. During Covid times when people are working remotely, we can help your employees to become more engaged and productive.

Wouldn't it be
great if you could
Sing at Work?

Visit www.singatwork.ie
to see the full benefits.

- ♪ Bring virtual teams together for effective performance
- ♪ Help develop new habits to relieve stress and tension and increase overall productivity
- ♪ Teach breathing techniques and stretches to use while waiting for that online meeting
- ♪ Provide a chance for 'me time'
- ♪ Build connection from a distance, helping employees to shake off that brain fog
- ♪ Develop trust and focus on personal and individual growth and goals
- ♪ Create an emotional experience for employees helping to lock their full potential
- ♪ Help build a team who feel valued and are confident within their roles
- ♪ Increase the productivity of your employees, encouraging collaboration
- ♪ Empower people to feel confident to express an opinion and communicate effectively
- ♪ Improve the overall health and well-being of your organisation
- ♪ Create a real sense of community and team spirit

The benefits of taking *Sing at Work* to your home (albeit virtually)

There is evidence that singing changes your mood, making you happy and reducing stress. Although it may feel strange to sing out-loud and online it helps hugely with anxiety and feelings of isolation and loneliness. Not only that, singing is so much fun! It's been a tough few months for everyone with restrictions on movement and lock-downs making it difficult to see our loved ones.

Wouldn't it be great to be a real Diva?

Visit www.singatwork.ie to see the full benefits.

Singing at home can:

- ♪ Help you to experience the fun and joy of singing
- ♪ Take you on a journey of self-discovery and unfold your personal potential
- ♪ Connect you and your friends or family online, giving you positivity and laughter
- ♪ Allow you to discover your inner Diva and perform your favourite song in public
- ♪ Empower you to learn that special party piece and perform at family gatherings and parties
- ♪ Encourage you to learn the harmonies of a group song that you've always wanted to be able to nail with your closest friends!

Meet Our Founders

Sing at Work was founded by two Irish Opera singers, Ross Scanlon and Linsey Dempsey, who through their years of performing and teaching began to see the potential in using singing to inspire motivation in day to day work life and business.

Ross and Linsey share a passion for encouraging people to find not only their true voice, but also to boost motivation and a positive mental attitude. They work with people every day to build motivation, confidence and leadership and empower them to be the best that they can be.

“Ross gave me amazing one-on-one vocal coaching lessons... and really brought out the best in my voice.”

Louise Dempsey - Senior Investor
Relations Administrator



“Linsey is a fabulous coach... encouraging her students to step out of their comfort zones and to find their true voices.”

Paul Dunne EMEA Channel
Director & Alliances



Find out more about Ross and Linsey on our website.

Sing AT WORK

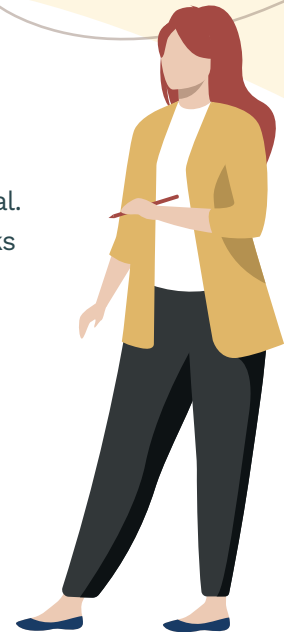
Singing Experiences

Everything we offer is bespoke to each company and individual. We will work with you to develop a unique package that works for your employees and organisation. To meet your needs, we will tailor one of the following three Singing Experiences:

Begin to Sing

Strive to Perform

Coming Together to Sing.





Begin to Sing

One to One Singing Lessons

Minimum duration: 8 weeks

This is the beginning of your company or personal journey and we will work with you on a bespoke one on one package for your individual employees and tailored to their needs.

Whatever your individual employee's need, we can provide it in a one to one session in the strictest of confidence.

Find out more about our packages on the website.

“Getting out of your comfort zone promotes greater innovation, be more creative and allow yourself to see things in a completely new way.”

Office singing and its benefits by Truworth Wellness

We can work with each individual on whatever area they wish to develop including:

- ♪ Finding your voice
- ♪ Motivation and morale boost
- ♪ Relieving stress
- ♪ General health and well-being
- ♪ Confidence building
- ♪ Presentation skills
- ♪ Singing to perform
- ♪ Time out for fun
- ♪ Learning a 'Party Piece'

Strive to Perform

One to One Singing Lessons with focus on Finale Performance

Minimum duration: 12 weeks

This is also about individuals but with a focus on building up to a finale performance, hence the longer duration. Again a bespoke package and we can work with you and your employees to develop a one to one programme that works for you with ultimate goal of performing.

Whatever you need for your employees, we can provide it in a one to one sessions in the strictest of confidence.

Find out more about our packages on the website.

“Research from the University of Frankfurt shows that singing boosts the immune system.”

HSE Staff health & well-being paper

Includes all of the introductory features below plus a performance:

- ♪ Building effective teams
- ♪ Motivation and Morale boost
- ♪ Relieving stress
- ♪ General health and well-being
- ♪ Confidence building
- ♪ Presentation skills
- ♪ Finding your voice
- ♪ Singing to perform
- ♪ Time out for fun
- ♪ Learning a ‘Party Piece’
- ♪ Performance to an audience



“ Happy employees stay twice as long in their jobs , focus on their work twice as long, take 10 times less sick leave and are twice as likely to believe they are achieving their potential as their unhappy colleagues.”

iOpener Institute for people and performance





“At Deloitte UK, 80% of employees taking music lessons felt more positive about their employer – making it one of the firm’s most powerful morale boosters.”

Source: Music in Offices, Royal Institute of Psychiatrists

Sing AT WORK



“Staff are engaged when they feel valued, are emotionally connected, fully involved, enthusiastic and committed to providing a good service....when each person knows what they do and say matters and makes a difference.”

University of Limerick Sing While You Work study

Coming Together to Sing

This is all about group performance.

Once you've taken that first step on your singing journey we have so much more to offer you in terms of the power of singing and what it can unfold in you and in your employees.

Group performance encourages you to find your voice together, builds team relationships and develops confidence.

There are so many potential packages for you and your company. Find out more about our packages and one-off events on the website.

“79% of people who quit their jobs cite a lack of appreciation as their main reason for leaving.”

Entrepreneur.com article by Jocelyn Kung

You can create your own singing package, here are some of our more popular:

- ♪ Developing your Inner Diva
- ♪ Working towards GROUP performances at home or at work
 - ☆ X Factor
 - ☆ Eurovision
 - ☆ Stars in their eyes
 - ☆ Offices in Harmony
 - ☆ Seasonal (Xmas/Summer/Halloween)
 - ☆ Christmas Crackers
 - ☆ Moody blues
 - ☆ D.I.S.C.O
- ♪ Bespoke Singing Packages
- ♪ Directors Packages
- ♪ Corporate Events
- ♪ Virtual Retreats
- ♪ VIP Vocal Empowerment



Sing!

AT WORK



Let's Get Started

Bring Sing at Work to your organisation

If you'd like to get in touch with us directly, feel free to give us a call or send an email. We'll answer your queries as soon as we can and return your calls quickly.



Send us an email: **hello@singatwork.ie**

Or give us a call:



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