



Team Tuning

Overview

Contact us at info@mindharp.world

WHAT IS TEAM TUNING & HOW CAN YOUR TEAM(S) BENEFIT?

MindHarp's **Team Tuning** programme decodes the emotional skills and behaviours that high-level musicians *have* to employ to deliver great music. Because these skills are emotional skills (NOT technical skills), they easily translate into everyday, workplace team behaviours that everyone can use and benefit from.

Team Tuning has codified these skills into a readily accessible and understandable format that requires NO musical skill, talent or background.

The programme blends cognitive learning with intuitive and innate ability and is something that can be practiced, rehearsed and internalised. If desired, it can also be monitored and measured.

Benefits:

- Sustained uplift in team performance and efficiency thanks to improvements in:
 - Inter and intra-team communications
 - Collaborative and supportive mindsets
 - Recognition and appreciation of individuals' roles, skills, responsibilities
 - Individuals adopting greater personal and professional responsibility
 - Working culture/behaviours (calmer, more creative)

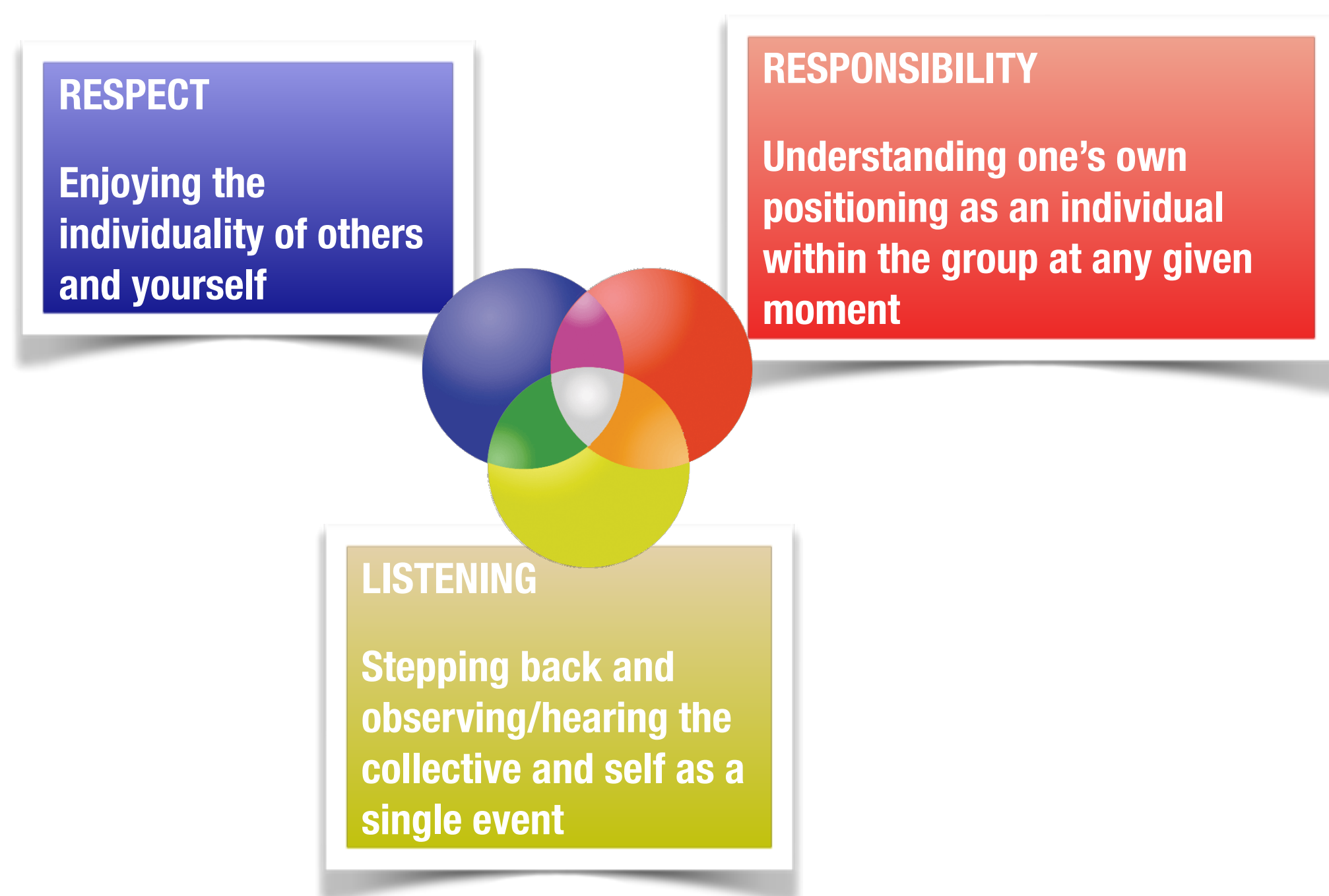


HOW IS TEAM-TUNING DELIVERED?

The Harmonic Codes

In Team-Tuning, we learn about and explore the Harmonic Codes, which are the emotional skills/behaviours that high-level musicians employ with each other to achieve top-class performances and memorable music.

This is achieved through traditional learning tasks and methods.



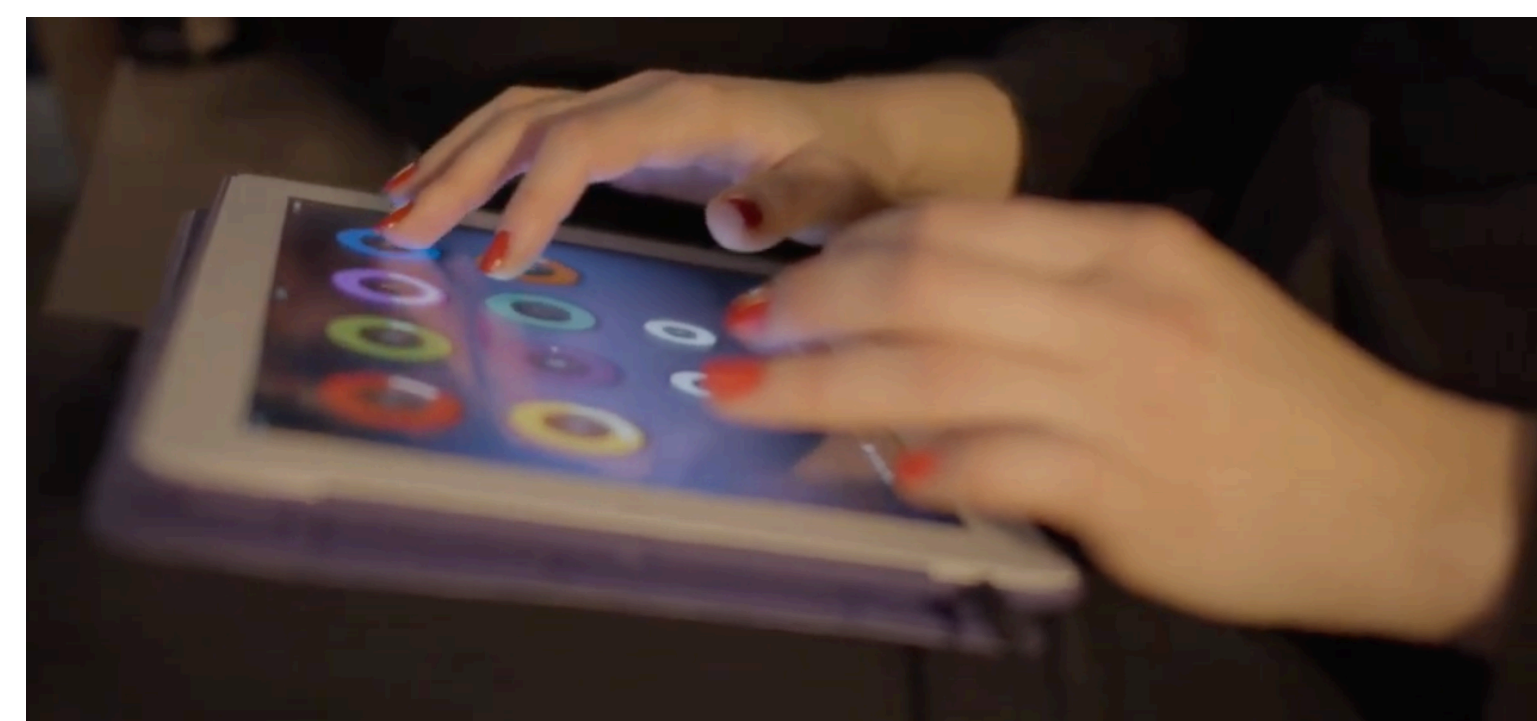
HOW IS IT INTERNALISED?

The MindHarp

Team Tuning is NOT theory. It is all about *practice*. And the real understandings of Team Tuning emerge when you do as the musicians do - play music together!

This is made possible for non-musicians by the MindHarp, a unique and totally original invention that enables anyone to engage creatively and meaningfully with music...and without any prior knowledge or skill in music-making or musicianship.

It's easy, accessible and fun with the added benefits of stimulating calm, mental equilibrium and creativity.



THE ORIGINS OF TEAM-TUNING

The Science

All human-beings are musical. As we are born with an innate ability to develop speech, we are all born with an innate ability to respond to music and musical sound. You can read more on this on our [website](#).

This innate capability developed over the tens of thousands of years when homo sapiens roamed the earth as hunters and gatherers. Musical activities punctuated everyday life and were a key element in promoting social cohesion/team work. Making music was an *unremarkable* part of everyone's day. This is still evident in existing tribal communities.

Modern medical science has clearly demonstrated and empirically proven the power of actively engaging in musical activity. It is a powerful stimulation to all parts of the brain, both left and right spheres. It releases a positive combination of hormones (Oxytocin, dopamine) which in turn suppress cortisol (stress-inducing).

The Insight

Musicians are the only group of people who are still taking advantage of one of human kinds' greatest evolutionary developments: the upgrading of team behaviour through music.



PROGRAMME CONTENT - OVER ZOOM

1. Introductory 1 hour workshop
 - Learn about the Harmonic Codes
 - Ways to practically implement the Harmonic Codes
 - How to practice the Harmonic Codes with MindHarp
 - Demonstrated live and then in pairs - over ZOOM
 - Collective Musitation (tailored to Team Tuning)
2. Follow-up Practice and Coaching Sessions
 - With team leaders and team members
 - Individuals and/or groups
 - Embedded practice and rehearsal sessions
3. Monitoring and Measurement
 - 'HCI' - Harmonic Codes Index
 - Survey based feedback to monitor implementation and observed changes over time

PROGRAMME DELIVERY

The programme is delivered by the founders and creators of MindHarp, Mark Smulian and Stewart Redpath.



It is delivered through scheduled ZOOM events and can be tailored to precise client needs.

We recommend that prospective clients commit to the Introductory Workshop.

Following this, a suitable follow-up programme can be evolved.

On-going tracking and follow-on practice sessions with Mark and Stewart will help embed the theory and practice, ensuring sustained improvement in team behaviours.