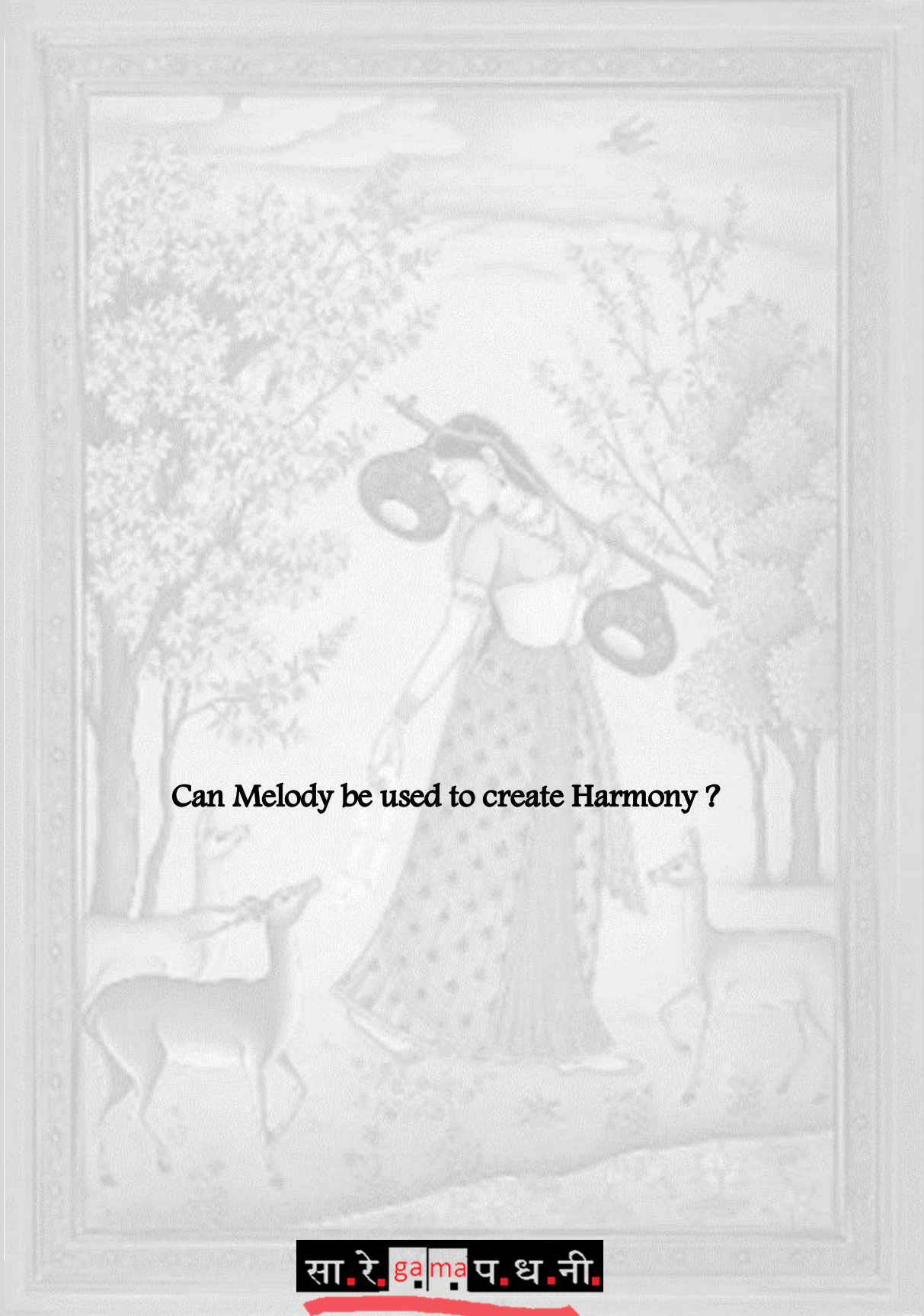


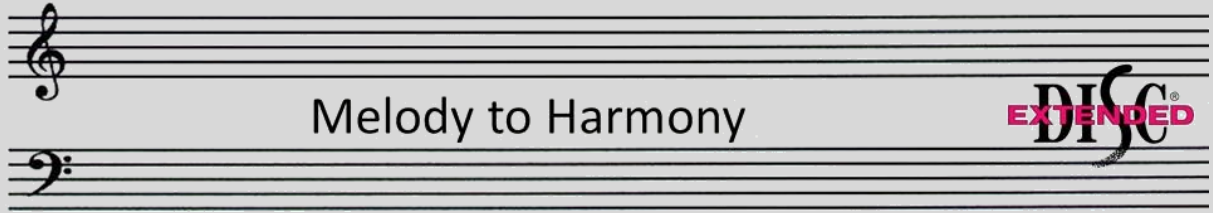
Melody to Harmony

DISC[®]
EXTENDED



Can Melody be used to create Harmony ?

सा.रे.गा.मा.प.ध.नी.



Melody to Harmony

DISC[®]
EXTENDED

Albert Einstein, a great fan of Mozart, had learnt the violin and piano and was quite well informed on various composers. <http://www.pha.jhu.edu/einstein/stuff/einstein&music.pdf>

He had infact joked, that if wasn't a physicist he would have loved to be a musician.

What is so special about the arrangement of 7 notes that has the potential to evoke, arouse, touch and stimulate something so deep as an emotion and a feeling.... Even quantum physicists accept the harmonic semblance in numeric sequences that constitute all forms of matter.

If so.. can we use Melodic sequences to stimulate and re-align

- Dis-Chord
- Dis-Harmony
- Dis-Ease

Having been a student of Indian Classical Music and keenly aware about the Time and Mood theory associated with different musical scales or Ragas as they are known...I decided to pursue an intuition to find out if there was

- Any co-relation between the D.I.S.C. Styles and musical preferences
- Any preferences each of the styles had when they wanted to change the mood they were in..... Yes, we did find some... More details in the workshop 😊

The Extended DISC[®]-system is based on a psychological theory developed in the 1920's. Carl G. Jung created the foundations for the theory in his book The Psychological Types (Die Psychologische Typen)

Extended DISC was founded in 1994 by Jukka Sappinen, an MBA from the Helsinki School of Economics who spent his early professional years consulting clients in the use of psychological tools.



Melody to Harmony



With the business landscape becoming extremely dynamic and personal boundaries being continuously challenged, the role of Coaching and related Professionals will increasingly widen in terms of application and analysis through the use of instruments that would make for more effective talent management to a more significant stake in working with developmental initiatives with Coachees as an Executive Coach, Business Coach, Image Coach, Performance Coach, Life Coach, Relationship Coach, Family Coach, Sports Coach, Mental Coach or any other applicable variant of coaching.

The mounting pressure on the emotional fabric of individuals in any relationship scenario, makes it imperative for the Coach to be aware of the underlying moods and feelings of the people he engages with in the coaching process.

There is also an imperative to use more creative means to support the coaching process to achieve the desired coaching goals with as much subtlety and finesse as possible.

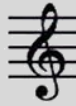
Welcome to **ED-GaMa**, our offering to support the coaching process using elements from music to address the expression of emotions and feelings in people..

I look forward to meeting you during this unique first-in-the-world workshop, something which has never been done anywhere....till now !

Welcome to the **Sound of Music-al** History

Yours in-tune

Sa-re-ga-Maanveer Singh



Day 1... Program Coverage

- History of DISC
- Introduction to Extended DISC
- Building the Behavioural Map
- The 4 Q Model
- The Styles and Descriptors
- Survey Findings on Music Preferences
- The Theory of Personality
- The Profiles – Reading levels of interpretation
- Shapes
- Nava-Rasas / Nine Moods
- Introduction to Expression of Emotions in Profiles
- Listening Activity

Day 2.... Program Coverage

- Background – Indian Classical Music
 - Introduction to Raga, Swar, Thata
 - Listening exercise - 10 Thata's
- Debriefing the Report Pages
- My Mood Music – Presentation by participants
- Special Cases
 - Expression of Emotions in Profiles
 - MusiCoaching
 - Recommendations - what mood music can be used to address the special cases
- Q & A

Methodology

- Facilitation
- Experiential
- Teach back
- Instruction
- AV presentations
- Hand –Outs
- Discussion boards
- Co-Learning