

# Singing away the stress

a **professional development** workshop for nonprofit CEOs, managers, board members and staff

## Celebrate you - and re-discover the harmony within

It's the end of another busy year in nonprofit-land - which means it's time to unwind and do something yummy for **you**. Why not sing away the stress, and relax and experience the healing power of sound while you re-discover your own naturally gentle and true voice?

Re-connecting with your voice not only has a rejuvenating effect on the body, it has the potential to change the way you feel, speak, listen and sing - and how you express yourself in everything you do. It can also help make life feel more harmonious, enabling you to take your true voice and expression to clients, colleagues and family. And it's easy - the workshop's emphasis is on having fun and feeling the joy that comes from singing from the heart!

**Everyone is welcome, no musical or singing experience is necessary.**

### About the presenter

**Michelle Sheldrake** has a background in health and community research, including the nonprofit sector. She has a keen interest in music and voice, and has completed teacher training in the Healing Power of Sound with internationally recognised singer/musician/teacher Chris James. Michelle is now presenting Innermost Sound Groups, workshops and private sessions, sharing with others the joy of re-claiming our naturally beautiful voices, and empowering others to re-discover they can sing in tune, express from the heart, be playful with their voice, and speak and be heard.



Nonprofit Assist helps organisations by supporting the people who lead them. It provides peer support, governance education and strategic planning services.

### When

10.30am-12pm, Friday 17 December

### Where

Busy Beat Cafe, Ipswich City Square

(free parking is available under the mall - map provided on registration)

### Cost

\$15 per person

### For bookings or more information

- call 0419 274 351
- email [victoria@nonprofitassist.net.au](mailto:victoria@nonprofitassist.net.au)
- visit [www.victorialister.com](http://www.victorialister.com)