Music as a Facilitation Tool

Join IAF Kenya Chapter in this session which will be about music as a facilitation tool.

Facilitator: Julias Alego
Duration: 90 mins

Wednesday
22 March 2023
19:00 EAT Nairobi
Name and where you are based
What do you do?
Do you use music during facilitation?
What type of Music do you enjoy most?
The Heart of Kenyan Facilitation

AGENDA

Why use music during facilitation
When and what kind of music to use
Considerations as you use music during facilitation
Music improves memory
Music improves workout
Music helps in healing
Music reduces stress and eases anxiety
Music improves sleeping quality

Do you Agree?

POLL

The Heart of Kenyan Facilitation
“Music produces a kind of pleasure which human nature cannot do without.” - Confucius.

“Music is life itself.” - Louis Armstrong.

“Music can change the world.” - Beethoven.

“When I hear music, I fear no danger. I am invulnerable.” - Henry David Thoreau

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” - Plato
What is your go to song when exercising?

Music sets the mood from the start of the day to the day’s close...
It’s about Mood & Atmosphere...

Music can uplift the mood and loosen the atmosphere creating a dynamic, positive, and enjoyable moments for learners.
When to use music during facilitation

Integrating music into specific stages of a facilitation event for different purposes and choosing the appropriate type of music to use.

❖ Before the commencement of the workshop
❖ During icebreakers
❖ As cue music e.g., to manage time
❖ Background music during group work
❖ During the modules - e.g., by creating a song or dance.
Break out Discussions, 2 Groups

What kind of music would you use during the following stages of facilitation?

**Group 1**
- Before the start of the session
- As an icebreaker

**Group 2**
- As background music during group work
- During the modules
Getting the best out of music during facilitation

Group Plenary discussion

❖ What would you suggest as the best practice while using music during facilitation (Both virtual and physical)
❖ What are the risks while using music

Raise Hand  Type in Chat
Getting the best out of music during facilitation

Suggestions: *Participants, Audience

- Sound System quality of sound
- Type of music
- Lyrics
- Volume
- Seek Participants involvement in choice
Dancing increases heart rates, refocuses attention, and perks up the atmosphere can include:

- Simple movements to the beat
- Clapping
Encourage learners to demonstrate their learning of concepts through the creation of a song.

LEAN ON ME...
Thank You...