

# 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



Africa  
promoting the power  
of facilitation worldwide









# Music as a cilitation

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Date: 22 March 2023  
19:00 EAT




-  → Name and where you are based
-  → What do you do?
-  → Do you use music during facilitation?
-  → What type of Music do you enjoy most?



**CHECK  
IN**



 → Why use music during facilitation

 → When and what kind of music to use

 → Considerations as you use music during facilitation



**AGENDA**

# Do you Agree?



-  → Music improves memory
-  → Music improves workout
-  → Music helps in healing
-  → Music reduces stress and eases anxiety
-  → Music improves sleeping quality



**POLL**



## “QUOTES,,

*“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...**



**The Heart of  
Kenyan Facilitation**



**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**








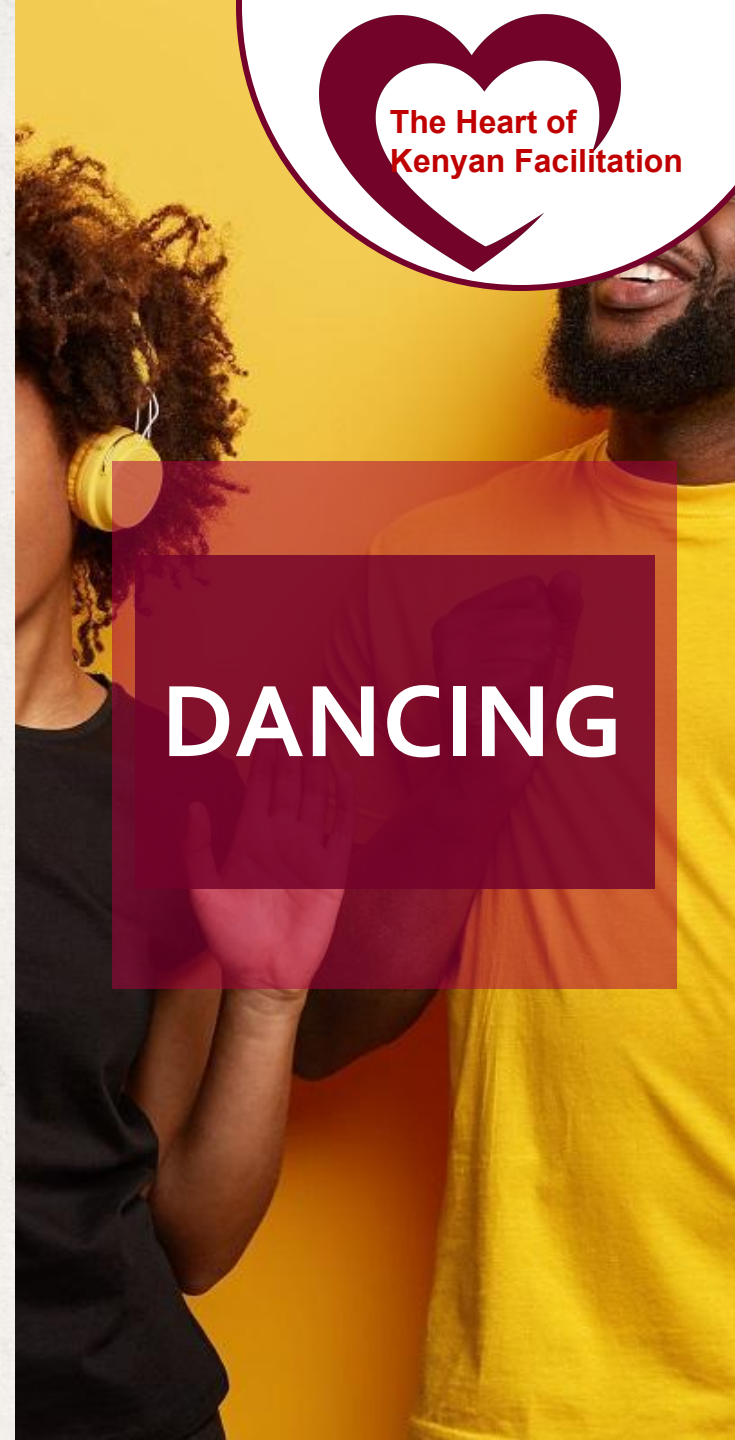
**Type in Chat**

## 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

❖ 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...**

