

## Collective Music Making as a Tool for Leadership and Co-Inception

All around the globe, most time-honored musical traditions have developed in a communal way, with all members of a given community engaging in musical activities together in daily life. This kind of music making has, to some extent, been forgotten in our modern society where it often seems to be reserved to an elite of performers and composers. But the benefits of communal music making are great and can be applied to a wide variety of professions and situations, as well as enhance self-confidence and stimulate creativity.

### AfuriKo's purpose through this workshop is to:

- Help participants to overcome the sense of insecurity that may arise from an unusual situation (in this case, a musical one!), build confidence, embrace the self and open up as individuals;
- Strengthen a sense of community that allows each participant's individuality to blossom within the group;
- Foster sound leadership, creativity, and co-inception.

### Musical tools used throughout the workshop

- Moving the body and performing simple dance steps;
- Clapping and singing;
- Body percussion;
- Imitation / call and response;
- Collectively composing simple rhythmic ideas;
- Improvising with simple rhythmic ideas.

### Activities

#### **1) Warming up to the bell...**

In the first part of the workshop, a specific bell pattern (the rhythmic foundation around which all subsequent music making revolves) will be introduced. The participants will start moving to the bell pattern with simple dance steps and clapping. Lastly, a song (from one of the world's many traditional cultures and chosen by AfuriKo prior to the workshop) will be suggested, learnt, and eventually sung by the participants as a group.

#### **2) Rhythms and independence: getting it together!**

Complexity will increase slightly in the second part, which involves more stepping, clapping/body percussion, and singing simultaneously, while steadily moving as a large group in a circular motion. Exercises practiced in this way help to improve independence of the limbs; at this point, participants will begin to enjoy a natural sense of polyrhythm.

#### **3) Co-inception: collectively creating a clear musical message and getting it across**

Smaller groups of participants will be formed in the final part of the workshop. Each group will take some time out and focus on collectively creating a few simple musical statements. These statements will consist of any combinations of rhythmic phrases, body movements, and/or melodic phrases, and will then be presented to an "audience" formed by the remainder of all other participants. The small groups will then be challenged to find a way to efficiently teach the music they came up with to their audience. Finally, everyone will be able to perform each group's ideas, which will in turn enable true communal music making to happen!