

MUSIC FOR WELL-BEING

Online, Self-Paced Professional Development



School and District Teacher Packages

The headlines and reports are clear: teachers and students continue to struggle with well-being after the COVID-19 lockdown, ongoing social upheavals, and high media consumption since 2020.

Music has been shown to mitigate the effects of these environmental challenges and improve children and teens' holistic well-being through personal connection and social reintegration.

Music Workshop's Professional Development courses provide educators of all subjects the research-based tools, information, techniques, and strategies they need to focus on their own well-being and confidently apply music in the classroom for student well-being. These courses are perfect for teachers who seek balance in their personal and professional lives, support working with challenging student behavior, fewer feelings of helplessness, and a shared language around well-being with students and other teachers across the school or district.



Teacher PD Course Options

 **Teaching Music for Well-Being**
6 Hours | \$75 | Music teachers

 **Teacher Well-Being**
2 Hours | \$29 | Music and classroom teachers

 **Integrating Music for Well-Being**
6 Hours | \$75 | Classroom teachers

 **Music Listening for Well-Being**
2 Hours | \$29 | Music and classroom teachers

Learn more about our courses and advisors at musicworkshop.org

Professional Development Advisory Team

Each of our advisors are education research and practice trailblazers. Their guidance has been instrumental in our mission to empower K-12 educators of all subjects with practical, evidence-based training to improve their student well-being through music.

Team Lead

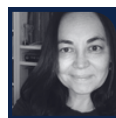


Dr. Giuliana Conti
Director of Education & Equity
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Course Host



Coty Raven Morris
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Dr. Jennifer Mellizo
University of Wyoming Laboratory School
Curriculum Developer at Smithsonian Folkways



Dr. Erin Riesland
Learning Designer and Researcher
All Circles of Learning



Dr. Michelle Salgado
Senior Science Educator
Exploratorium

HOW IT WORKS

Customizable multi-teacher package options

Professional development packages allow your school or district to learn individually at the same time or work through the material together. Each teacher will be provided an account with access to the chosen PD course(s) and all corresponding resources. The course materials are online and self-paced with a combination of written reflections, activities, videos, infographics, and ready-to-go lesson plans. The login for each teacher enables them to individually access the course materials to engage and complete the course in their own timeframe. Options are available for teachers to work together in facilitated groups, communities of practice, receive in-person or online workshops, or learn independently.

Multi-teacher packages:



Virtual Workshops

Dr. Giuliana Conti leads teachers through multiple online discussions and activities throughout a customized timeline wherein teachers complete parts of the course in segments before meeting together.



Self-Guided Learning

Teachers complete the course on their own time, developing a shared language at school around music and well-being for students and teachers.



Teacher-Facilitated Groups

We provide licenses to the teacher group and customized resources for one or two teachers to lead everyone through a sequence of individual learning between group discussions and activities.



Communities of Practice

Teachers take the course at the same time, meeting between units to discuss and reflect, with the option for a customized timeline and group activities.



In-Person Workshops

Dr. Giuliana Conti leads teachers through a full- or half-day workshop in your city fit to your needs!

[Click here for our intake form to get a customized estimate!](#)

Included with Standard Packages:

- All sources and materials included in each course
 - Workbook (Digital)
 - Glossary (Digital)
 - Course Review packet (Digital)
 - Lesson plans and activities (Digital)
 - Continued access to course after completion
 - Downloadable self-reflections and activities
- Discounted rate on multi-teacher packages
 - 5% off for 1-25 teachers
 - 10% off for 26-50 teachers
 - 15% off for 51-100 teachers
 - Custom Pricing for 100+ teachers
- One-time \$150 IT fee for troubleshooting support throughout the teacher learning process
- \$10 administrative fee per teacher for account setup and management

Add-Ons Available:

- Printed, spiral-bound hard copies of the course workbook: \$20 per workbook
- Online training, review, facilitation, or support from Music Workshop's Director of Education & Equity, Dr. Giuliana Conti: \$150 per hour (required for virtual workshop option, optional for all others).
- Customized teacher activities and structured group engagement with the course learning contents and materials: \$150 - \$500

Custom Pricing Available for In-Person Training with Dr. Giuliana Conti

Website

Email

Phone

www.musicworkshop.org

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503-330-0377

SCHOOL AND DISTRICT PACKAGES

Examples of possible arrangements and prices

Example 1: Self-Guided Course for 30 Teachers	Amount
30 online, self-paced 2-hour course accounts: \$29 per teacher	\$870
IT Support	\$150
Administrative Fee: \$10 per teacher	\$300
TOTAL (with 10% discount)	\$1,188

Scenario: A school districts purchases the Teacher Well-Being course for their 30 middle school teachers to complete on their own at the start of the school year without further expectations or oversight.

Example 2: Teacher-Facilitated Group of 10 Teachers	Amount
Ten online, self-paced 6-hour course accounts: \$75 per teacher	\$750
Facilitator Guide: Customized additional instructions, guiding questions, and activities for ten teachers led by two teacher facilitators across 6 months of twice-monthly meetings	\$500
Training, review, and support from Music Workshop's Dr. Giuliana Conti 2 hours of meeting time divided throughout the year as needed	\$300
IT Support	\$150
Administrative Fee: \$10 per teacher	\$100
Printed workbooks: \$20 per teacher	\$200
TOTAL (with 5% discount)	\$1,900

Scenario: A school district purchases the Teaching Music for Well-Being course for their ten music teachers to complete together, led by two of the teachers, with catered activities and guidance from Music Workshop.

Structure: Once teachers have their accounts set up, Dr. Conti will meet with the one or two teachers self-selected to be the facilitators and lead everyone through the course, discussions, and activities. The group will all complete the course one unit at a time on their own and then convene in person every few weeks to talk through what they learned, observed, tried, thought, and questioned under the direction of the facilitators. Dr. Conti will be available throughout the process to support the facilitators as needed, totaling 2 hours over time.

Example 3: Virtual Workshop Series for 20 Teachers	Amount
20 online, self-paced 2-hour course accounts: \$29 per teacher	\$580
Five virtual workshops: 4 hours at \$150/hour	\$600
IT Support	\$150
Administrative Fee: \$10 per teacher	\$200
TOTAL (with 5% discount)	\$1,453.50

Scenario: A rural school district is providing its 20 K-12 teachers with the Music Listening for Well-Being online, self-paced professional development course and a series of virtual workshops led by Music Workshop's Dr. Giuliana Conti. The objective is to spread the course out over two months and provide the structure for teachers to complete parts of the self-paced course independently and then convene every two weeks to discuss the course content and receive research-informed guidance and feedback.

Structure: Once teachers have their accounts set up, Dr. Conti will meet with everyone together for 30 minutes online to introduce the course and answer any questions. Teachers will then complete modules 1 & 2 on their own within two weeks before meeting again for workshop 1 (1 hour), followed by completing module 3 independently, an hour meeting to discuss, and the final module independently with a final hour-and-a-half discussion together.