

Hearty, Happy & Healthy

Objective; Developing strategies for building more encouragement and affirmation into our chorus experience. Examining ways to foster a positive, encouraging and affirming chorus culture.

Resources

Choral Charisma - Tom Carter

Encouraging the Heart - James M. Kouzes, Barry Z. Posner

Positive Words, Powerful Results: Simple Ways To Honor, Affirm, And Celebrate Life - Hal Urban

1. Why do our singers keep coming back every week?
2. What do our singers need?
3. Building more encouragement and affirmation into our chorus experience.
4. The Seven Essentials of Encouraging
5. The Six A's of Healthy Communication
6. Who needs a boost?

The Seven Essentials of Encouraging

- **Set Clear Standards**
 - Have a clear set of expectations about what people will achieve.
- **Expect The Best**
 - High expectations lead to high performance.
- **Pay Attention**
 - Notice and remember things about your people.
- **Personal Recognition**
 - Finding new and different ways to affirm your people.
- **Tell The Story**
 - Information is more quickly and accurately remembered when it is presented in the form of an example or story.
- **Celebrate Together**
 - Celebration reinforces values-they communicate what is important to an organization.
- **Set The Example**
 - Our actions send signals about who we are and about what we expect of others.

The Six A's of Healthy Communication

Attention - Paying attention to the other person and their needs and to the opportunities we have to say something kind and up lifting.

Appreciation - Saying “thank-you” more often.

Ask - Asking about activities, plans, hopes and concerns of the other person.

Affection - Using terms of affection. Has anyone ever complained about being told or hearing “You’re the best” too many times?

Affirm - Acknowledging, building up and encouraging.

Apologizing - Asking for forgiveness demonstrates empathy and caring. Saying “I was wrong” or “I’m sorry” heals spirits and relationships.