



The Power Within



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Dr. Matthew Arau

President, Founder & CEO of Upbeat Global
Leadership Editor, GIA Publications
Chair of Music Education & Associate Director of Bands
Lawrence University Conservatory of Music
Appleton, Wisconsin



upbeatglobal.com



Upbeat Global



@upbeat.global



matthew@upbeatglobal.com

The POWER of the

When a conductor gives the upbeat (preparatory) beat for the piece of music, the conductor already envisions the sound, articulation, dynamics, and tempo *before* the downbeat happens.

The conductor **imagines** what they want the piece of music to sound like and then they lead the musicians to create what they have already imagined.

The conductor **chooses** the upbeat and the upbeat affects the downbeat.



The upbeat is the preparation for any event.

The way the ensemble walks onto the stage is the upbeat to the performance.

The attitude you **choose** upon waking is the upbeat to your day.

The attitude you choose to bring to a situation either FUELS you up or DEPLETES YOUR ENERGY.

Our Thoughts are the Upbeat to your Actions.

Our **Attitude** is the Upbeat to any Situation.

We **Choose** our Thoughts and your Attitude.

We **Choose** our Upbeat!

Challenge #1: How can **your** thoughts and actions make a positive impact on your classroom or ensemble? _____.

Challenge #2: Who has had an impact on you and why? Let them know that they have made a difference in your life. _____.

Take the first step in faith. You don't have to see the whole staircase, just take the first step.
 - Dr. Martin Luther King, Jr.

The POWER of MINDSET

Our mindset affects how we think about our own potential, ability to learn, grow, and to discover solutions.

When we approach challenges and difficulties with a **GROWTH MINDSET**, we bounce back from struggles and failures. We are **resilient and persistent** because we trust that we will be able to figure it out.

When you live life with a GROWTH MINDSET, you honor your ability to **learn from mistakes and get back up and try again.**

Power up your mindset by recognizing that just because you do not succeed at first that does *not* mean that you will not eventually be successful. It just means that you are not there **YET.**



Strategies to INSPIRE with a Growth Mindset

- Demonstrate a CAN-DO ATTITUDE by your actions, communication, and body language.
- Show that you BELIEVE IN your students.
- Communicate the word, “yet,” more often when talking about progress and improvement.
- If at first you or your students do not succeed, that’s okay. Teach them that it is most important to just try, go for it, and take the FIRST STEP. Then, the second, third, and fourth STEPS are much easier.
- Develop more than one strategy to achieve an outcome. We all learn differently and sometimes we can be more successful when we use a different approach.

Challenge #1: Growth Mindset for others.

Who needs you to have your best “can-do attitude” each day and WHY? _____

Challenge #2: The Power of Belief

Share with your students that you BELIEVE IN THEM. Give them encouragement.

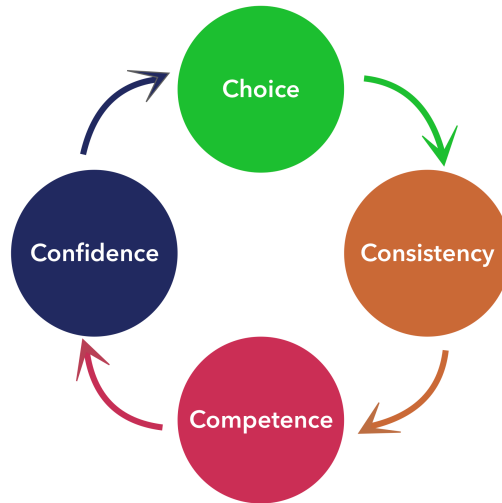
How will you specifically give encouragement to your students? _____

The POWER of HABIT

We create habits from repeated actions and behavior.

Making a difference and making a change begins with creating a new habit of thought.

You can even change your self-belief and your self-confidence by intentionally creating new habits.



Confidence - Competence Loop

Strategies to POWER-UP Habits

- **Choose** something small and do it repeatedly.
- **Be consistent.**
- Get past the "I don't wanna's."
- Celebrate forward progress, even if you don't achieve your goal of a formed habit quickly.
- Through consistency and repetition, you will grow your **competence and develop a habit.**
- **As your competence grows, your confidence will grow.**

Challenge #1: To create new habits, we need to step outside of our comfort zone. We grow when we push ourselves beyond the familiar and comfortable. What new habit(s) would you like to create?

_____.

Challenge #2: Be committed to your new habit. What are you willing to do to develop and build this new habit?

_____.

When you see everything on your to-do list as an opportunity to **get to do it**, everything changes.

- Matthew Arau

The POWER of G.E.T.

What are you **grateful** for in your life? (people, pets, situations, things)

_____.

When you focus on the present, your awareness levels rise and you are able to find more **enthusiasm** for what you GET TO DO.

You can **choose** to bring enthusiasm to almost any situation.

What are you enthusiastic for in your life? _____.

When you bring appreciation and enthusiasm to a moment in the present, you will find that you **treasure** what you GET TO DO.

What do you treasure in your life? _____.

What do you G.E.T. to do today?

The Power of **G.E.T.**[™]

G = Gratitude

E = Enthusiasm

T = Treasure

Challenge #1: Make a list of what you need to do this week. Begin each bullet point with "**I get to.**"

1. I get to _____.
2. I get to _____.
3. I get to _____.

Challenge #2: Use the words "get to" in sentences in your mind, while speaking out loud, and while writing much more often.

The POWER of MINDFULNESS

Being present in the moment and fully listening, honoring, and valuing others raises your ENERGY and INSPIRES others.

To be mindful means to BE AWARE of the present moment.

Show compassion to yourself and to others.

To be mindful means to be SELF-REFLECTIVE and aware of your thoughts, but without passing judgment.

To be mindful means to choose your RESPONSE rather than reacting without thinking.

Mindfulness includes focusing on your breath while MEDITATING or practicing deep breathing exercises.

When we are stressed, anxious, angry, or frustrated our BREATHING gets fast, shallow, tight, irregular, and loud. However, when we are in a peaceful, calm, relaxed state, our breathing becomes deep, slower, soft, and regular. Rather than focus on changing your emotions, intentionally slow your breath down.

FOCUS BREATH: Inhale in the nose for 4 counts. Exhale out the nose for 4 counts.

SERENITY BREATH: Inhale in the nose for 4 counts. Hold for 7 counts. Exhale out the mouth for 8 counts.

TRIANGLE BREATH: Inhale in the nose for 3 counts. Hold for 3 counts. Exhale out the mouth for 3 counts.

BOX BREATH: Inhale in the nose for 4 counts. Hold for 4 counts. Exhale out the nose for 4 counts. Hold for 4 counts.

RENEW & RELEASE BREATH: Inhale "release" in the nose for 4 counts. Exhale "release" out the mouth for 6 counts.

GRATITUDE BREATH - LEVEL 1: Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth stress and negativity for 8 counts.

GRATITUDE BREATH - LEVEL 2: Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth for 8 counts what you want to give to the world.



Leadership is unlocking people's potential
to become better. - **Bill Bradley**

The POWER of STUDENT LEADERSHIP

Leadership first comes from within. **We need to first lead ourselves before we can lead others.**

A positive leader collaborates and works with their team to achieve a goal together.

Leadership is not about glory or having a title. **Leadership is about serving and supporting others so that the entire group benefits.**

Leadership is inspiring and encouraging others to achieve their full potential.

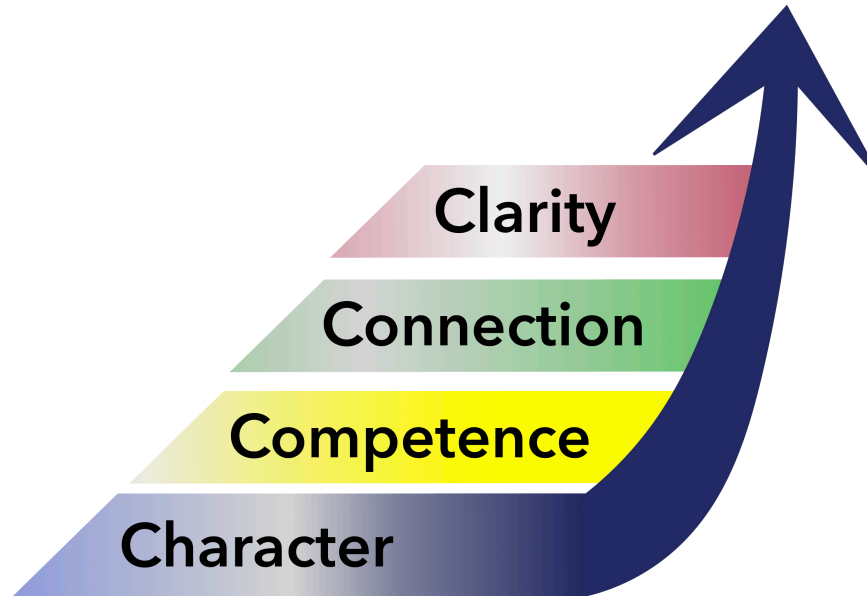
The most effective way to lead is to lead by example.

You can lead from any chair or position in the group.

Leaders build trust through being reliable, respectful, kind, and compassionate.

Trust those you lead, and they will trust you.

Our roles throughout the day change. It is just as important to be an excellent member and follower as it is to be a leader.



The 4 C's of **Upbeat!** Leadership

The SUPERPOWER of MUSIC

Music can touch us in the deepest recesses of our soul and give way to an overwhelm of feeling.
When we play our instruments or sing, we can express our truest nature and being.

Music is a blessing, a gift, and we are the lucky ones who get to share this gift with others.

Music transforms, travels through time, transports, soars, flies, stretches, shrinks, sticks,
has great strength, breaks down walls, unites, and connects.

Music ascends, transcends, tantalizes.

Music is a force.

Music speaks, tells stories, accepts, lifts, repairs, heals, and energizes.

Music empowers, mobilizes, fortifies, builds bridges, and embraces diversity.

Yes, you need to count when performing music, but you can always count on music to be there for you.

Music BREATHES.

Music brings us JOY.

Music communicates, expresses, and inspires.

Music nourishes the soul.

Upbeat! Mindset, Mindfulness, and Leadership in Music Education and Beyond

by Dr. Matthew Arau

Go to www.upbeatglobal.com to learn more.

