

Making **JOY** Your Tonal Center

The 6 Keys to Fulfillment and Well-being in Teaching, Music-Making, and Life

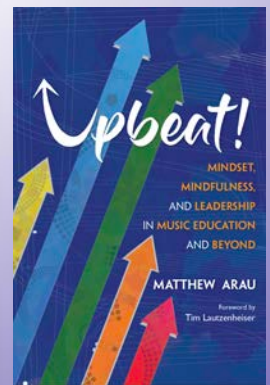


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Inspiring Positivity Through Leadership and Music Around the World



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The root of joy is gratefulness...It is not joy that makes us grateful; it is gratitude that makes us joyful. - **David Steindl-Rast**

Our jobs as teachers are stressful and it is easy to get bogged down in the daily grind and the pressures from so many directions. While recognizing the challenges we face, Dr. Matthew Arau shares 6 keys to keep the joy alive in teaching while centering our personal well-being, sense of worth, and true power to make a transformative difference in the lives of our students. Connection, passion, and joy are just a key change away.

Making the Case for **JOY**

What are some of the most joyous moments you have experienced and why? _____

What are the Joy-Blockers in your life? _____

What are the Joy-Builders in your life? _____

Unlocking the Doorways to **JOY** - the 6 Keys

The 1st Key – You are Valued - **GRATITUDE**

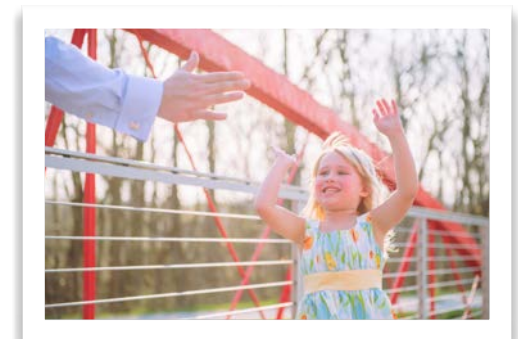
- Share appreciation
- Let students know they are valued and why
- Value student opinions
- Authentic listening
- Involve students in the creative and learning process
- Use student names

Statements:

- *I value you.*
- *Thank you for being here.*
- *How are you feeling today?*
- *What emotion does this music make you feel?*

For the teacher:

- Warm fuzzy file
- Treasure the smiles, laughter, and “aha” moments of your students
- High Five Habit
- Journal on the “threads of joy” throughout the day



The 2nd Key – You Matter - CONTRIBUTION



- Every student matters, not just the better players or vocalists.
- Every student contributes to the whole group and performance.
- We only achieve our goals when we work together.
- Greet students when they enter the room.
- Check up on students when they are absent.
- Bring students to the front of the room to share their feedback with the ensemble or class.

Statements:

- *I appreciate your contribution.*
- *I missed you yesterday. I hope you are feeling better today.*
- *Everything you do in this class and ensemble matters. You matter.*

For the teacher:

- Your whole self matters.
- Take care of your physical, mental, emotional, and spiritual well-being.
- Lots of water, rest, mindful breathing, laughter, mindful walks, taking breaks.
- Refill your cup.



The 3rd Key - You Make a Difference - PURPOSE



- We are all part of something bigger than ourselves.
- Collaborate with students to create the vision and goals for the class and ensemble.
- Ask students to write down individual and section goals so that they recognize that their individual effort and achievement will affect the performance of the whole.
- Set intentions for a class or rehearsal together as a group.
- Ask students to write and share their own why, passion, and purpose statement.
- There is joy in the struggle, challenge, hard work, and achievement.

Statements:

- *I notice the effort you put into every rehearsal, and you are making a difference.*
- *This ensemble would not be the same without you.*
- *We reached our goals because everyone one of you makes a difference.*
- *Your presence and actions influence everyone here.*

For the teacher:

- Reflect on the progress made by your students to remind yourself and affirm that what you do makes a difference.
- Stay connected to your purpose by setting your intentions before every class.
- The energy, wonder, and joy that you project resonates with and is reflected by your students.

*Dare to love yourself as if you were a rainbow
with gold at both ends.*
- Aberjhani

The 4th Key - You are Loved - CARE



- Unconditional love
- Tough love
- Caring
- Respect
- Feeling of security
- Friendship
- Safe to make mistakes and take risks
- Accepting and forgiving
- Respectful Language
- How we treat each other
- Create a feeling of family



Statements:

- *I love how you ...*
- *I love when you ...*
- *I hear you.*
- *I see you.*

For the teacher:

- Self-love is very important.
- Be aware of your self-talk. Talk to yourself as if you were a loved one.
- Self-advocacy in place of self-sacrifice. Schedule rest and self-care.
- Grant yourself permission to feel all emotions. Accept all of oneself.
- Where your heart goes energy flows. Have an open heart.

The 5th Key - You are Connected - COMMUNICATION



- Compassion, Communication, Collaboration
- Curiosity and Wonder
- Awareness
- Synergy
- Connect to feelings, emotions, and expression in the music.
- Build trust through vulnerability

Statements:

- *I can feel the energy that you are projecting through your voice or instruments*
- *What do you feel when you listen to this piece of music?*
- *What do you enjoy doing when you are not in music class? What are you passionate about?*

For the teacher:

- Choose music, theater, and dance that connects to the heart.
- Consciously connect with colleagues, staff, and administration.
- The energy you project is contagious.
- Connect with students' interests outside of music class
- Change the rehearsal and classroom set-up to change the energy.
- Connect through conducting.
- Verbal, non-verbal communication, written language, and tone of voice carry significant meaning.



Joy is much bigger than happiness. While happiness is often seen as being dependent on external circumstances, joy is not. - **Archbishop Desmond Tutu**

The 6th Key - You Belong - COMMUNITY



- Be who you are fully and give permission to others to be fully themselves.
- Culture of celebration.
- Music creates belonging.
- How we treat each other creates belonging.
- Understanding creates belonging.
- Traditions and pride bind us together.
- How we respond to differences and disagreements creates belonging.

Statements:

- *I've got your back. I support you for who you are.*
- *In this group you don't have to change who you are.*
- *We celebrate you for being who you authentically are.*
- *We are in this together.*

For the teacher:

- Encourage joy, celebrate joy, and live joyfully.
- Create a community of belonging for yourself.
- Reach out to connect to the broader community.



Lessons on **JOY**

- Joy is created from the inside. We generate joy. Joy is a choice. Joy is an attitude.
- We feel joy when we do good for others.
- Joy elevates our students' well-being, music-making, and fulfillment as well as our own.

Upbeat!

Mindset, Mindfulness, and Leadership in Music Education and Beyond

Matthew Arau

Just as a conductor's preparatory "upbeat" gesture at the beginning of a performance influences the way an ensemble plays, we too get to choose our "upbeat"—our thoughts and attitudes—at the start of each day, at the beginning of each class, and in our interactions with students and colleagues.

With this clever premise at its core, *Upbeat!* presents a winning combination of mindset and mindfulness strategies as well as leadership principles that will motivate, inspire, and transform not only your internal world but the culture of your music program.

Divided into three parts—Ignite, Inspire, and Lead—*Upbeat!* takes readers on a journey from internal self-reflection to outward expressions of leadership, with chapters addressing such topics as:

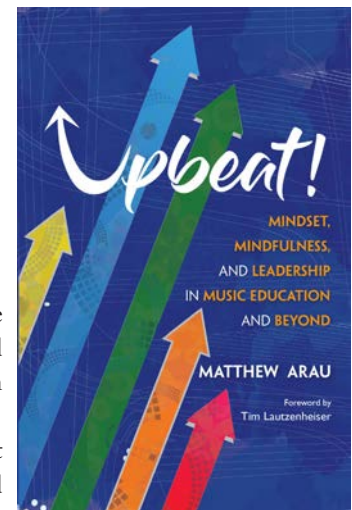
- Self-care for optimal mental, emotional, and physical wellness
- The transformative power of positivity and gratitude
- Growth mindset
- Mindful breathing and listening in an ensemble setting
- Fostering a culture of excellence and connection
- Creating vision and mission statements for your organization
- The essential qualities of an effective leader
- How to develop a thriving student leadership program

As the conductors and composers of our own lives, we can choose to live an "upbeat" life from a posture of gratitude, positivity, and enthusiasm. As a result, we experience greater fulfillment and achieve personal and professional goals. Students also benefit from the clarity of our example as they embark on their own leadership journeys.

With immediately applicable ideas and strategies that work for students, teachers, and professionals in any field, *Upbeat!* affirms the importance of living and working with intentionality and establishes that what we do, why we do it, and how we do it matters.

Dr. Matthew Arau, founder of Upbeat Global and Upbeat! Leadership Workshops, Coaching, and Keynotes, is an Associate Professor of Music and the Chair of the Music Education Department and the Symphonic Band Conductor at the Lawrence University Conservatory of Music in Appleton, Wisconsin. Dr. Arau has guest conducted and presented on student leadership, mindfulness, growth mindset, rehearsal techniques, and creating positive cultures in person in more than thirty-five states and four continents. Learn more about Dr. Arau at www.upbeatglobal.com.

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