**REGION 25 2021 FALL RETREAT – LIGHT THE FIRE…THE *BEING* OF BARBERSHOP**

**Friday & Saturday, November 5th & 6th**

**With Guest Faculty - Jan Carley, Inner Coach of Barbershop**

**OVERALL DESCRIPTION:** We work hard on our music and our performance skills, and we can move into an expanded world of possibility when we add the Inner Mastery part to our tool box. Embracing the “*Being*” of Barbershop will bring increased joy and possibilities to our lives - both on and off stage. Get ready to empower yourself this weekend by “lighting the fire *within*” on a journey guided by guest faculty, Jan Carley – the Inner Coach of Barbershop.

**SCHEDULE & CLASS DESCRIPTIONS:**

**Friday Night Kick-Off:**

**6:30pm – Registration Opens**

**7:00pm – “Lighting the Fire Within” – Jan Carley**

**Saturday Schedule:**

**8:30am – Registration Opens**

**9:00am – Inner Mastery Part 1: Setting Your Overtone Foundation – Jan Carley**

**10:30am – Break**

**10:45am – Inner Mastery Part 2: Finding Your Secret Sauce – Jan Carley**

**12noon – LUNCH**

**1:00pm – Inner Mastery Part 3: Mindset Reboot – Jan Carley**

**2:30pm – Break**

**2:45pm – “*BEING* a Director” (for Directors Only) – Jan Carley**

**2:45pm – “Membership-Recruiting & Retention” (Mass Class) – Lindsay Chartier-Holdeman**

**3:45pm – Break**

**4:00pm – “FIRE Launch” – Jan Carley**

**FRIDAY NIGHT:**

**Lighting the Fire Within** –Inner Coach of Barbershop Jan Carley’s unique mindset mastery work has transformed the singing and chorus experiences of thousands of barbershoppers worldwide. Jan kicks off this exhilarating and educational weekend with an empowering reboot as we explore the important inner mastery work – the “BEING” of Barbershop. After months of being in “reactive mode” it’s time to flip our mental paradigm and get in the driver’s seat again. Our “relaunch” begins with a healthy acknowledgment and acceptance of where we are right now.  We’ll shift to a creative mindset and open possibilities, reconnect to the future (yes, there is one) and be quickly buoyed by the connection and support of your Region 25 friends. You’ll leave this opening session feeling inspired, invigorated, and optimistic – ready for a weekend of learning.

**SATURDAY:**

**Inner Mastery – Part 1: Setting Your Overtone Foundation** –Using the phenomenon of overtones as a metaphor for creating results that go well beyond what you ever thought possible – this class introduces Jan’s signature personal mastery “Overtone System” as outlined in her book, *THE OVERTONE EFFECT*. You will learn the foundational generative approach, mindset and focus that will support you in moving forward with joy and positivity. You’ll start building the components of your “Being” foundation and learn how this inner mastery work connects for positive results both on and off stage.

**Inner Mastery – Part 2: Finding Your Secret Sauce** – The most powerful tools we have to move through transition are within us already.  We’ll reconnect with the unshakeable essence of who we “be” – which will in turn will shape what we “do” moving forward.  We’ll reconnect with our “secret sauce” and the music within us. Accessing your signature brilliance and the core elements that make you, You! You will begin to see that “success is the art of being who you already are”.

**Inner Mastery – Part 3: Mindset Reboot** –The biggest thing standing in the way of our peak performance is ourselves! This session will tackle the pesky mental stuff that interferes with our success, confidence, and joy. Learn a simple method to monitor self-talk, how to shift the crippling effects of self-judgment, and reframe limiting beliefs that hold you back. Learn how to adopt a growth mindset as you transform your nattering “inner critic” into a supporting “-inner coach”. These Mindset Mastery tools will positively impact both your chorus and non-chorus life.

***BEING* a Director (for Directors only)** – As director you have an enormous responsibility as the primary person inspiring your chorus’ success. That pressure has been unprecedented over the Covid time, with your technical expertise suddenly not being able to be utilized. Suddenly you were called on to change from “musical director” to “human director” and realizing that how you show up, and model vulnerability and resiliency is more critical than ever. This session will help inspire your “being” journey to mastery and support you in sustaining a personal position of strength, balance, and positive leadership.

**FIRE Launch** –Your head and heart are full. You have reflected, reconnected, re-booted and learned a ton! Now - where do you go from here? How will you continue to rebuild and reenergize as you “relaunch” yourselves and your Sweet Adeline lives? Inner Coach of Barbershop Jan Carley will guide the closing of this awesome event by helping you imbed your learnings, make commitments, and celebrate a weekend of personal growth and friendship. **Leave this session Feeling Inspired Resilient and Empowered.**