

THE OVERTONE EFFECT – How to Live Your Life on a High Note
with Jan Carley, INNER COACH OF BARBERSHOP

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Session 3: *Harmony College Northwest 2018*

HOW TO CREATE AN OVERTONE:

Creating an Overtone starts with _____

How *willing* are you? Scale 1-10 _____

THE OVERTONE APPROACH → MOVING THOUGHT TO ACTION

Checklist:

- ✓ Generative Focus
- ✓ Generative Mindset
- ✓ Generative Language

GENERATIVE:

Having the power or function of generating, originating, producing or reproducing

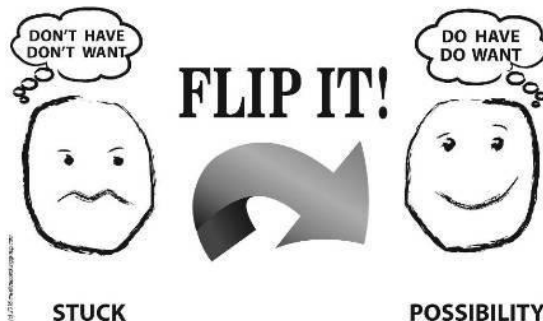
Generative Focus

Liberates potential and leverages our capacity to create, learn and produce desired results

Maximize reward (reward puts brain in a ‘toward’ state)

and

Minimize threat (threat puts brain in an ‘away’ state)



Exercise:

Don't Want _____

FLIP IT!

Do Want _____

Don't Want _____

FLIP IT!

Do Want _____

Don't Want _____

FLIP IT!

Do Want _____

Generative Mindset

What we tell ourselves to focus on is what we will see

- ✓ Adopt a Growth Mindset (vs. Fixed Mindset) _____
- ✓ Show up as a Learner _____
- ✓ Assess vs. Judge: _____

Generative Language

Use language to keep brain in a _____ state to open possibilities instead of a problem-solving _____ state.

- ✓ Yes, and....vs. Yes, but
- ✓ Problems/Weaknesses are Opportunities...

Reflection: What does your self-talk sound like?



UPCOMING CLASSES WITH JAN CARLEY AT HCNW:

- The Overtone Effect (Session 3) Audience: Everyone
- Overtone Leadership (Session 4) Audience: Musical and Admin Leaders or future leaders
- Eliminating Mental Interference (Session 5) Audience: Everyone
- How to BE a Masterful Director (Session 6) Audience: Chorus directors and Asst Directors

SPECIAL EVENT - BOOK SIGNING : *The Overtone Effect* and *Harmony from the Inside Out*
*******During Dinner – in the Cafeteria*******

Pick up Jan Carley's books at special HCNW prices, get them autographed and chat with Jan
Prices: The Overtone Effect \$20, Harmony from the Inside Out \$15 (OR – both books for \$30)