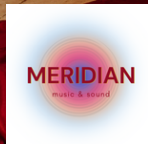


## Our Philosophy

At Meridian Music & Sound, we believe in the transformative power of music and sound to enhance employee well-being and foster a harmonious workplace. Our corporate experiences are designed to integrate the therapeutic benefits of music into your organisation's culture, promoting a healthier, more engaged, and productive team.

By incorporating our tailored musical experiences into your corporate wellness program, you can create an environment that not only supports the mental and emotional health of your employees but also cultivates a culture of creativity and unity. Experience the Meridian Music difference and let us help you orchestrate a more harmonious workplace.



## The Benefits of Music and Sound for Employee Well-being

### Stress Reduction

Engaging with music has been shown to lower cortisol levels, the body's primary stress hormone, leading to a more relaxed and focused mind.

### Enhanced Mood and Morale

Music stimulates the release of endorphins, the body's natural "feel-good" chemicals, fostering a positive atmosphere and boosting overall morale.

### Improved Cognitive Performance

Listening to music can enhance focus, concentration, and creativity, leading to increased productivity and innovative problem-solving.

### Social Connection

Participating in group musical activities, such as choirs or drumming circles, strengthens team bonds and encourages collaboration, contributing to a sense of community within the workplace.

## Our Corporate Music & Sound Sessions

We are able to offer a range of sessions designed to suit your needs

### Sound Bath Experiences

### Live Background Music

### Interactive Workshop: Music for Well-being

### Creativity & Collaboration: A Talk with Live Music

### Performance & Meditation

## Creativity & Collaboration: A Talk with Live Music

**1 hour presentation (with both of us)** This interactive experience covers:

### Our Creative Process

A behind-the-scenes look at how we compose, improvise, and collaborate.

### Musical Creativity in Action

Live demonstrations showing how we generate and develop musical ideas.

### Collaboration Through Music

Explore how musicians communicate and adapt in real-time, with insights that apply to teamwork and problem-solving.

### Q&A Session

A chance to ask us anything about creativity, music, and how these ideas can be applied to daily work and life.

### Perfect for:

- ✓ Boosting creative thinking
- ✓ Encouraging collaboration
- ✓ Gaining fresh perspectives from professional musicians

## Live Background Music

Enhance your workplace events with elegant live music, perfect for receptions, team gatherings, or wellness days.

### 45-min sets of background pop music on flute or harp

A refreshing blend of contemporary and classic melodies, performed live on either instrument.

## Interactive Workshop Music for Wellbeing

### 1.5-hour workshop (with both of us)

This interactive experience covers:  
The benefits of music for stress relief and focus

### Demonstrations of our instruments

Fun rhythm, conducting, and improvisation games

**A collaborative team-building activity**  
creating your own group sound bath

### Perfect for:

- ✓ Team bonding & morale boosting
- ✓ Reducing stress & promoting mindfulness
- ✓ Boosting confidence & adaptability

## Sound Bath Experiences

Let the gentle resonance of our sound baths wash over your team, helping them relax, reset, and recharge.

### 1-hour Sound Bath (with Claire)

A solo-led session designed to reduce stress and promote mindfulness.

### 1.5-hour Immersive Music & Sound experience (with both of us)

A deeply immersive experience using a blend of instruments, tones, and textures to guide employees into a meditative state.

## Performance and Meditation

For a more focused experience, choose a live performance or guided meditation.

### 45-min Performance (with both of us)

A captivating live performance of our music, designed to inspire and uplift.

### 10-min guided meditation

A short but powerful mindfulness session, featuring minimal background music to help employees reset and refocus.

## Sample Corporate Music & Sound Packages

### Evening Networking Event

Set the perfect tone for a relaxed and engaging evening of conversation and connection.

Perfect for corporate networking, client receptions, and after-work socials.

**2 x 45-min sets of live background music (flute and harp)**

**10 min Guided meditation**

**45-min performance**

**Album download for all guests**

**£850**



### Full Day of Wellness

A fully immersive experience designed to promote relaxation, focus, and creativity.

Perfect for employee well-being days, stress management programs, or creative retreats.

### Guided meditation

**1.5-hour interactive workshop**  
**1 hour Creativity & Collaboration: A Talk with Live Music**

**1-hour live background music (flute or harp)**

**1.5-hour Immersive Music & Sound Experience**

**Reflection & sharing session**  
**Album download for all participants**

**£1500**

We've designed our packages to seamlessly fit into your corporate events, whether you're looking for a short, energizing session or a full day of immersive well-being experiences.

### Half-Day Team Gathering

A refreshing and interactive musical experience to strengthen team connections and reduce stress.

Perfect for team bonding, creative thinking, and workplace well-being initiatives.

**1-hour interactive workshop**  
**1-hour live background music (harp or flute)**

**1-hour Sound Bath**  
**Album download for all participants**

**£500**



Packages from £500

All prices include travel up to 75 miles from Hull

All bookings require a 25% non refundable deposit to secure the date, with the remaining balance due one month prior (open to discussion based on your financial processes)

Insurance cover – ISM up to £10 million  
Risk assessment can be provided.

Sound equipment – PA included. For larger events more equipment may be needed, please let us know expected guest numbers and more information about the venue space.

## Tailored to Your Team

**We can customize our sessions to fit your workplace needs, whether it's a lunchtime recharge, an end-of-day unwind, or part of a wider well-being initiative.**

**Let's create a harmonious, stress-free space for your employees.**

**Get in touch to book your experience today!**



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