



# LEVEL UP MUSIC & WELLNESS PROGRAM

**EXPLORING THE  
HEALING POWER  
THROUGH MUSIC**

## M&W VISION:

Music and Wellness encapsulates the need for Selfcare, mental health and fitness rolled in to one program to provide our young people a variety of selfcare tools to adapt to real life situations.

M&W aims to address and drain emotional trauma through music while providing selfcare Scan assessment via group therapy,

- African Drumming
- Group supervision
- Group discussions
- Group fitness programs.

## M&W PURPOSE:

To provide our young people / young adults a platform to freely express their life experiences through the creativity of music. Assisting in creative lyric writing, beat making, musical breakdown and arrangements.

Level-Up's music program is designed to extract the creativity of our young people and pre-record their version's / Originals into live tracks that young people can access.

# MUSIC THERAPY

**WEEK 1. 1 DAY. PROGRAM INDUCTION** **OBJECTIVE:** Create a safe space for the individual young person. Introduction to Music and the process of the program

**DELIVERY:** 1:1 – young person will understand the program, introduced to the producer and run down of how the program will run till the end

**WEEK 2. 2 DAYS. THE FOUNDATION** **OBJECTIVE:** Understanding the Influences and music connections, providing a platform and guide for the young person and producer to set a foundation to build tracks.

**DELIVERY:** Young person to have an open mind to the direction of music /sounds and green noise. Providing producer of artists, producers of influence. Listen to artists and genre

**WEEK 3. 2 DAYS. PROGRAM ENGAGEMENT** **OBJECTIVE:** Producer to engage the young person to beats, sounds and guide through the recording program / begin the lyric process, build the beat. Follow up during the week.

**DELIVERY:** Young people will learn how to record and build. Artificial beat will be produced as a guide, enabling lyric writing and foundation. Green noise exploration with young person

# MUSIC THERAPY

**WEEK 4.**  
**2 DAYS.**  
**TRACK**  
**BUILDING**

**OBJECTIVE:** Young person will learn/understand how to add sounds and live/pre-recorded instruments - will emphasise on how lyrics support the writing process.

**DELIVERY:** Young people will be supported in 1:1 lyric writing and building tracks. Learn the operation system and imputing ideas and adding live instruments and pre-recorded sounds/beats

**WEEK 5.**  
**2 DAYS.**  
**TRACK**  
**BUILDING**

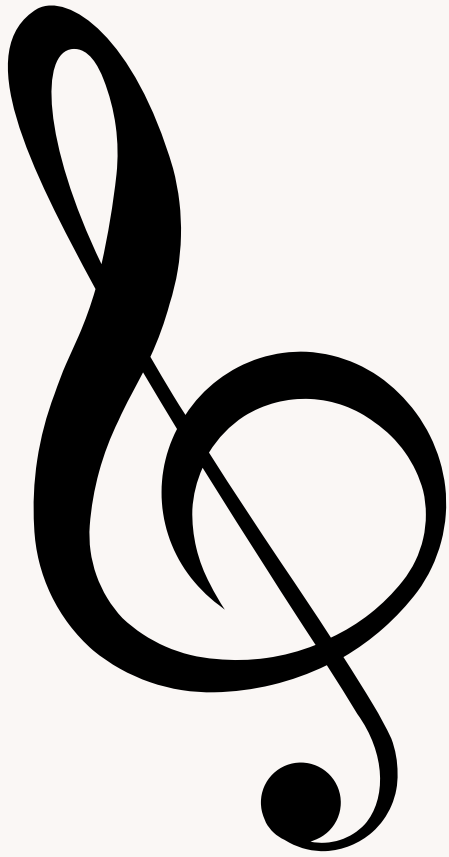
**OBJECTIVE:** Create a safe space to allow Vocal tracks to be recorded, providing a platform for our young person express his/her journey live.

**DELIVERY:** Young person will lay down live vocal recoding, add and edit where needed.

**WEEK 6.**  
**2 DAYS.**  
**EXPORT**

**OBJECTIVE:** To provide the young person a completed product that they built and produced that is tangible and feel a sense of accomplishment and empowerment

**DELIVERY:** Young person will complete final touches and have a completed project built and produced by themselves to be exported.



# LEVEL UP MUSIC & WELLNESS PROGRAM

**THE TOOLS TO REDUCE THE STRESS OF TRAUMATIC  
LIFE EXPERIENCES AND MENTAL HEALTH.**

**WELLNESS CREATES A PLATFORM FOR HEALTHY  
LIVING, SELFCARE, RESILIENCE AND GROUP THERAPY  
THROUGH MUSIC THERAPY, BODY CARE, HEALTH AND  
FITNESS.**

