How can music improve your meeting? [1]

Employ music in your meeting and get a higher return on investment.

Workplace surveys identify interruptions as a leading cause of stress and lost productivity. Surveys also show that people who employ simply structured classical music get more out of each hour of work. It helps them recapture time that would otherwise be lost to the unending stream of unacknowledged noise-induced interruptions.

The same goes for music in meetings and events. Music can increase produtivity and help you create an atmosphere that will support e.g. learning, productivity or concentration.

Employ for example The complete Sound Health Collection that is intended to complement specific activities, employing extensive scientific research and clinical study to achieve its intended effect.

The collection includes:

Music for Learning
Compositions by Vivaldi, Corelli and Bach. Suitable as sound backdrop for study processes, memorialisation, strategic development, writing processes, office work and much more. Pace: 50-60 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music for Inspiration
Compositions by Von Gluck, Mozart and Gershwin – among others. Great for working with artistic ways of expression, creative writing, “pathfinding”-processes, meditation and improving performance. Pace: 60-90 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music for Productivity
With compositions by Mozart and Handel – among others. Conducive for performance enhancement, mood lifting, organising, focus gaining, office work and… domestic chores. Pace: 70-140 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music to Relax
Gently improvising compositions by Bach, Beethoven and Vivaldi – among others. Ideal for physical relaxation and rest, conducive for calm thinking, reduced hyperactivity and therapeutic massage. Pace: 40-60 beats per minute
Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music for Motivation
With music by Mozart, Handel and many others. Inspiring the best performance, task fulfilment, organising, moral lifting, taking action and renewed energy. Pace: 120-140 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music to De-Stress
Calm, consistent rhythms based on Mahler and the rush of the ocean. Stress anxiety reducing. Conducive for physical relaxation, deep thoughts, sleep and therapeutic massage. Pace: 30-60 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Music for Concentration

Baroque masterpieces by Vivaldi, Salieri and Bach. Created specifically to enhance a sharp focus and mental stamina. Discover enhanced organisation, clarity and precision in your daily tasks. Pace: 50-60 beats per minute

Peak Performance
Use the power of Mozart's music to generate high productivity. The early symphonies of Mozart stimulates the body's energy, motivates the intellect and gives a spiritual "kick". It brings lightness and a pleasurable approach to even challenging tasks. Pace: 90-150 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]

Maximum Focus
A mix of Albinoni, Händel and Vivaldi. Sublime takings of a number of Baroque masterpieces creates an optimized sound backdrop to precise thinking and a relaxed awareness. Pace: 50-70 beats per minute

Listen to the music and buy the CD at www.hornstrupkursuscenter.dk [2]