

Junestone

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it's a band
practice

Today's Agenda



- 1 drink coffee
- 2 team check-in and icebreaker
- 3 play songs
- 4 eat snacks & hang glider time

Introduction



Olivia and **Ian** will be our facilitators for this session.

The goal of our practice is to turn chaos into clarity. As facilitators, our role is to keep the songs on track and to ensure everyone has snacks to eat and can plug in their amps.

Your facilitators

Ian



Olivia



Team ○ ○ ○ ○ Check-in

- 1 is everyone is here
- 2 we can wave at each other now, Justin an Jake you can swear at each other if you want to
- 3 prepare all the instruments



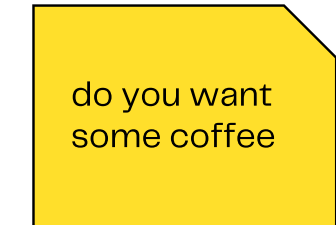
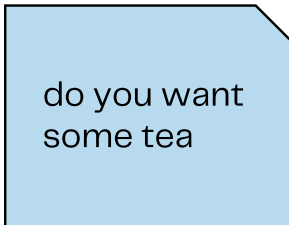
How are you feeling?

looks like Jake, Justin, Ian & Olivia are all here!



Time: 5 minutes – 30 minutes

Icebreaker



Before we start practicing, it's time to warm up with some tea, coffee, and small talking:



How many times a day do you celebrate 4:20?

Below are common questions that are good to ask about:

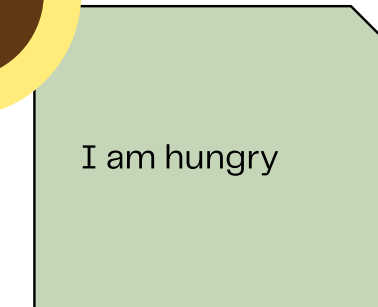
Did you try Jonas' new honey?

Did you know Jonas is made out of honey now?

What's a random act of kindness you did for a stranger?

What's the most challenging thing you've done in life?

Do you like fish sticks?



Time: 5 minutes – 30 minutes

Let's begin!



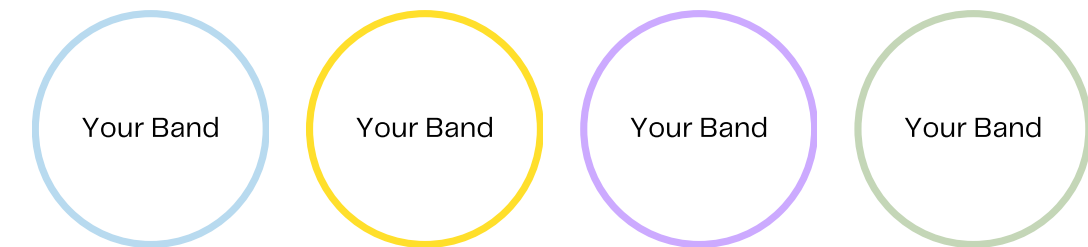
Are you ready?

Play Songs



Playing songs allows us to understand where we are as a band and how our competitors work. We will start by identifying who we are and who our competitors are. Next, we will identify attributes they are doing right and create a perceptual map. In the perceptual map, we will identify a criteria and rank these attributes as high or low.

- 1 Review our band and competitors.



- 2 Dispute chord changes.

- 3 Identify rhythms and rank pitches as high or low.



Guitar Company

Jake



Attributes

Guitars are communication tools that can be used in demonstrations, lectures, speeches, reports, and more. They are mostly played before an audience. Guitar serves a variety of purposes, making songs powerful tools for convincing and teaching.



Jake Franiczek

Guitar Player



Justin



Attributes

Drums are communication tools that can be used for demonstrations, lectures, speeches, reports, and more. They are mostly presented before an audience. They serves a variety of purposes, making presentations powerful tools for convincing and teaching.



Justin McHugh

Drum Player



Ian



Attributes

Keyboards are communication tools that can be used as demonstrations, lectures, speeches, reports, and more. They are mostly presented before an audience. They serve a variety of purposes, making presentations powerful tools for convincing and teaching.



Ian Aisling

Keyboard Player



Bass Solutions, Inc.

Olivia



Attributes

Basses are communication tools that can be used at demonstrations, lectures, speeches, reports, and more. They are mostly presented before an audience. They serve a variety of purposes, making presentations powerful tools for convincing and teaching.



Olivia Brown

Bass Player

Eat snacks & hang out time



Let's go back to the previous memories and synthesize what next actions are appropriate for the band to move forward as a group.

1

Possible action items to pursue.

think about getting more tea

get more coffee

turn on the kettle

drink some of that new drink

2

Some inspirational photos:



**The mind is just like a muscle
— the more you exercise it,
the stronger it gets and the
more it can expand.**

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Idowu Koyenikan

**Thank
you!** ○ ○ ○ ○

Have a great
day ahead.