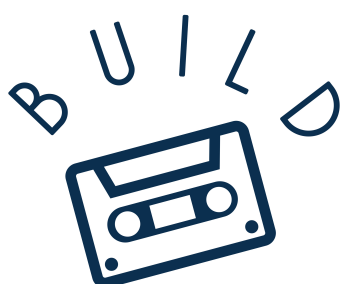


# THE MAJOR LIFT

## Individual & Community Well-Being Through Music

Collaborative Songwriting Workshops  
Interactive Youth Programs  
Experiences for Teachers  
Team Building



UNSilence

# THE MAJOR LIFT

**You have a story worth telling and a song worth singing. We can help you write it! Songwriting isn't just for pop singers and writers camps. The Major Lift team is passionate about giving music lovers of ALL ability levels the tools to bring their own stories, hopes, and emotions to life through song.**

**Our workshops are led by professional songwriters, performers, and educators with decades of experience. Our programs guide communities through vulnerability towards well-being and healing.**

## UNSILENCE

The Major Lift is partnering with Unsilence!  
Unsilence fills a critical gap in civics education. Through storytelling, the arts, and serious games, we unsilence hidden histories, injustices, and marginalized voices. We spark dialogue, support critical thinking, and build empathy to inspire healing and social change.

# **STEP 1: CHOOSE YOUR CONTENT**

## **FIND THE SONG THAT'S BEEN THERE ALL ALONG**

Everyone has a story worth telling and a song worth singing. We can help you find it!

## **SHAMELESS**

A collaborate songwriting workshop that gives participants tools to overcome shame through vulnerability.

## **STRONGER TOGETHER**

A team-building workshop! your team will become closer as they construct the world-premiere of their own song!

## **MUSICAL QUEER**

An identity-based workshop that explores music as it relates to gender, voice, and body.

## **SOCIAL JUSTICE JAMS**

Songs with something to say. Unsilence injustice in the world together as you collaborate on a social justice song for the here and now.

## **SOUND CAN GROUND**

Singing as breathing and music as a way of regulation.

## **MINOR TO MAJOR LIFT**

Switch up the story. We will use a common technique in pop structure as a tool to inspire students to rewrite their own stories and reclaim their narratives in song!

## STEP 2: CHOOSE YOUR AUDIENCES

### EDUCATORS

Elementary School Teachers  
Middle School Teachers  
High School Teachers  
Informal Educators  
Museum Docents  
Youth Workers & Social Workers  
College Professors and Instructors  
Medical Teams

### YOUNG PEOPLE

Middle School  
High School  
University & College  
Youth Center Participants  
Choirs

### ADMINISTRATORS & TEAMS

School Administrators  
Museum Leaders  
University & College Administrators  
Nonprofit Teams  
Government Workers and Policy Makers

### PUBLIC

Parents & Caregivers  
Congregations of Faith  
Community Leaders  
Volunteer & Civic Groups  
Corporate Teams  
General Public  
Libraries  
Other

## STEP 3: CHOOSE YOUR GROUP SIZE

Intimate Groups	4-15
Classrooms	15-35
Medium Group	35-75
Large Group	75-150
Auditorium	150+

## STEP 4: CHOOSE PROGRAM DEPTH

Short Session	45 minutes to 1 hour
Full Session	1.5 - 2 hours
Half Day	2.5-4 hours
Full Day	4.5-8 hours
Multi-Day	Tailored to your community

# COMMUNITIES SERVED

## Illinois

Lurie Children's Hospital  
Till Elementary  
Sawyer Elementary  
Mitchell Elementary  
Nicholson Stem  
Cooper Elementary  
Rowe Middle School  
Evergreen Academy  
Hanson Elementary  
Kershaw Elementary  
Charles Henderson Elementary  
John H Kinzie  
Armour School  
Westcott Elementary  
Columbia Explorers Academy  
Ariel Academy  
Loyola Academy  
Metropolis Theater  
Till Elementary  
Lincolnwood Academy  
Stevenson High School  
Till Elementary  
Sawyer Elementary  
Mitchell Elementary  
Nicholson Stem  
Cooper Elementary  
Rowe Middle School  
Evergreen Academy  
Hanson Elementary  
Kershaw Elementary  
Charles Henderson Elementary

## Texas

Skyview Elementary

## Michigan

Fennville High School

## California

Junior League California Chapter

## Ohio

Wogaman Middle School  
DECA Middle School  
Incarnation Catholic Middle School  
Magsig Middle School  
Vandalia Butler High School  
Chamberlain Middle School  
Northridge High School  
Springboro High School  
Kettering Middle School  
Houston High School  
Carroll High School  
Chaminade-Julienne High School  
Kettering Fairmont High School  
Tower Heights Middle School  
Wright Brothers Middle School  
Oakwood High School  
Piqua Junior High  
Coy Middle School  
Fair Lawn High School  
Graham Middle School  
Xenia High School  
Dixie High School  
Wayne High School  
Tecumseh High School  
Trotwood Middle School  
Archbishop Alter High School  
Beavercreek High School  
Miamisburg Middle School  
Northmont High School  
Bethel High School  
Weisenborn Junior High

## Minnesota

Camp Quality USA  
Minnesota Childrens