



Jennifer  
Buchanan  
MBA, MTA

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## TUNE IN: Why Music Improves Mood, Motivation and Memory

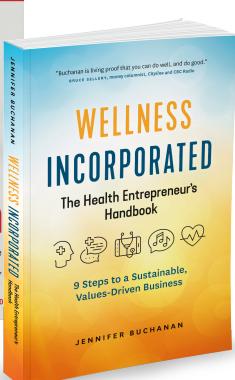
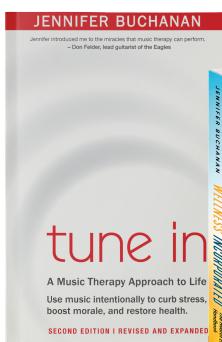
Organizations understand that when people feel good, they also perform better in all areas of their life - in their work, relationships, health, and overall life satisfaction. This signature presentation is about how music's power may hold more potential than we realize in all these areas.

Join **Jennifer Buchanan**, Canada's trailblazing certified music therapist, as she shares the stories and science of why music is an efficient, effective way to improve our mood, motivation, and memory. Coupled with her years of human connections with infants through to seniors, from the corporate lunchroom to the palliative care unit, with children feeling bullied to adults who have been incarcerated or living with dementia, this presentation, and its profound examples, will ensure your next meeting or conference is a memorable one.

- Learn inspirational research and studies that amplify the work happening at the intersection of music, health, and neuroscience.
- Hear case studies that demonstrate how music can reduce stress and anxiety when used with intention while igniting creativity required for new ideas and problem-solving
- Identify how music is a communication bridge, one that can help individuals express and process their most significant life challenges, difficult transitions, and at times, an unexpected health crisis.

Jennifer is the former president of the **Canadian Association of Music Therapists** (1998-2001, 2013-2015) and is recognized as an esteemed leader in bridging academic research in music, medicine and the public. She is the author of the award-winning books 'Wellness Incorporated' and 'Tune In.'

Jennifer has appeared in many media outlets, has her Executive Masters of Business Administration (MBA) in social entrepreneurship, believes in a one-win everything model (ask her more about this) and is currently on the board of directors with the **Famous 5 Foundation**.



**Don Felder**  
Lead Guitar Player  
The EAGLES

*Through her work Jennifer has touched many people in ways that could only be accomplished with both her special gift and her music – one of the most heart warming experiences of my life.*