

# Sounding Out Compassion

If you are aged between 12-22 then this is YOUR opportunity to take part in a global demonstration music project

**DATE: SATURDAY 26 OCTOBER 2019**

**TIME- 10.15am - 2.00pm**

**VENUE – Meeting Room, Ballarat Central Library, 178 Doveton St**



## WHAT'S THIS ABOUT?

Compassionate Ballarat and Ballarat City Youth Development are joining together to offer you the opportunity to express through music what the motivation of compassion sounds like.

## WHY COMPASSION?

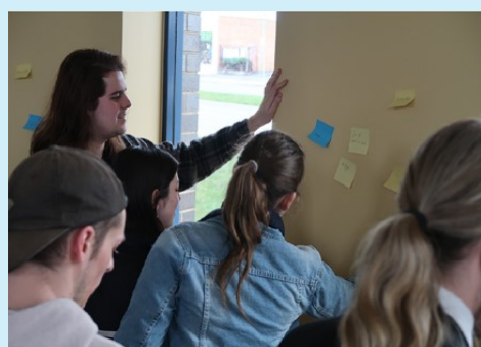
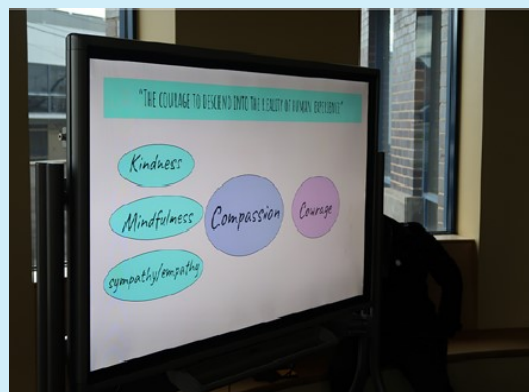
Compassion is one of the earliest motivations that have allowed humans to survive. And in our overly competitive world, the motivation of compassion has been proven to support positive mental health because it organises our emotions in more supportive and calming ways.

## WHY MUSIC?

Studies confirm that music has a positive influence on the human nervous system — music both calms us down and inspires our creativity.

## WHY YOU?

This project offers you a chance to create contemporary and poetic musical imagery of compassion for today's world; Tell your compassion stories through musical expression to regional, national and global audiences; Distribute your video essays across Ballarat, across Australia, and to the over 430 other cities across the world who are signatories to the global charter.



## HOW DO I GET INVOLVED?

Take part in this free workshop run by facilitators from Ballarat City Youth Development. The workshop involves identifying your compassion music topic and writing or adapting a 1-4 min piece of music for video/audio upload at: <https://federation.edu.au/schools/school-of-health-and-life-sciences/research/school-of-health-science-and-psychology-research/compassion-music-project>



[www.compassionateballarat.com.au/whats-on](http://www.compassionateballarat.com.au/whats-on)