

7 Ways The Listening Program® Helps People Succeed

Your Brain is Better on Music!

Here are 7 areas that the music of The Listening Program (TLP) can influence to help people at home, school, work, and life.



Executive Function

Facing new situations requires high-level thinking skills necessary to regulate behavior, anticipate outcomes, and adapt to changing situations while also learning new information.

TLP Targets:

- attention
- memory
- behavior
- organization
- self-control
- time management



Auditory Processing

When a person cannot understand and make sense of what they hear, it will negatively impact learning, thinking, communication and relationships.

TLP Trains:

- listening skills
- following verbal directions
- focusing with background noise
- comfort with sound
- understanding tone of voice
- sound discrimination



Communication

As someone navigates their day, they need to be effective communicators; through verbal and written expression and non-verbal gestures, facial expressions, and body language.

TLP Engages:

- verbal and reading comprehension
- oral & written communication
- voice quality
- understanding body language and being understood by others.



Social & Emotional

People need to develop positive relationships with their family, peers, supervisors & teachers. Developing their social skills and emotional intelligence is a crucial part of their relational and educational experiences.

TLP Encourages:

- self-confidence,
- compassion
- social interactions
- interpersonal relationships
- mood regulation
- conflict resolution



Stress Response

When a person's brain and body are constantly on edge because of an inability to manage stress, it's nearly impossible to learn, heal or adapt.

TLP Supports:

- lowered stress and tension
- helps with relaxation
- better sleep
- reduction of nervous habits.



Motor Coordination

The harmonious functioning of fine and gross motor skills allows mental space for learning, focusing, thinking, and adapting to changing environments.

TLP Enables:

- balance
- body awareness
- coordination
- fine motor skills
- gross motor skills
- activity level



Creative Expression

The joy a person experiences when they can express themselves creatively provides numerous growth opportunities.

TLP Inspires:

- innovation
- problem-solving skills
- visual arts
- musicality
- creative writing
- open thinking

