# WELI — Program Pack

(Updated 2026-03-09)

## Overview

Nature-inspired, science-backed facilitation blending systems thinking (ecology) with arts (music & collective movement). Designed to reset energy, lift psychological safety, and unlock creative collaboration in minutes.

## Formats & Updated Pricing (AUD, ex GST & processing fees)

| Format | Description | Price |
|---|---|---|
| Activation (15–45 min) | Room reset; inclusive movement (seated/standing); agenda-aligned. | A$1,500 |
| Workshop (60–120 min) | Creativity Labs + Emotion-First Communication; tools & templates. | A$3,500 |
| Recurring Program (4–12 weeks) | Tailored multi-week program; limited availability (5 per semester). | A$10,000 – A$30,000 (POA) |

## Previous Workshops (Examples)

- Reimagining the concept of barriers to foster product engagement and impact
- Techniques to transform complex scientific themes into compelling art
- Non-scientific audiences: strategies to increase engagement (link)
- Catalysis for science and culture connection: writing interconnected narratives
- Finding the perfect angle into your academic research so you can dance it
- Practice exercises to write lyrics to convey cross-disciplinary stories
- Kangaroo Time Kids: learning about kangaroos through music and dance
- Science communication, popular culture, and humor: the “Kangaroo Time” case

# Optional Reading List

In People & Culture and Student Experience program facilitation, **dance (collective movement) and music** can help groups "click" faster: moving or listening together has been linked with short-term alignment of bodies and brains, which in turn supports **affiliation, attention alignment, and coordinated performance**—useful preconditions for **creativity, wellbeing, and engagement** (Gordon & Bartsch, 2026; Gordon, 2025). Observers' brains also register **others moving in synchrony** as a distinct social signal (Tsantani et al., 2024), dyadic dance studies show a neural signature of **movement coordination** when partners can see one another (Bigand et al., 2025), and live dance with audience interaction increases **inter-brain synchrony** and moment-to-moment engagement (Rai et al., 2025). Conceptual work connects dance and rhythmic activity to **intra- and inter-brain synchrony** across sensory, motor, social and emotional systems (Basso et al., 2021), and a music-focused rapid review maps how **music exposure** can shift prosocial responses through emotion-based mechanisms—useful when pairing sound with movement in short facilitation blocks (Grimani et al., 2024).

**References**


- Basso, J. C., Satyal, M. K., & Rugh, R. (2021). Dance on the Brain: Enhancing intra- and inter-brain synchrony. **Frontiers in Human Neuroscience**.
- Bigand, F., Bianco, R., Abalde, S. F., Nguyen, T., & Novembre, G. (2025). EEG of the dancing brain: decoding sensory, motor, and social processes during dyadic dance. **Journal of Neuroscience**.
- Gordon, I. (2025). Interpersonal synchrony research in human groups. **Social and Personality Psychology Compass**.
- Gordon, I., & Bartsch, R. P. (2026). Correlates of interpersonal physiological synchrony and sources of empirical heterogeneity. **Nature Reviews Psychology**.
- Grimani, A., Moog, A., & Vlaev, I. (2024). Music-exposure interventions for prosocial behaviour: mechanisms and techniques (rapid review). **Current Psychology**.
- Rai, L. A., Lee, H., Becke, E., et al. (2025). Delta-band audience brain synchrony tracks engagement with live and recorded dance. **iScience**.
- Tsantani, M., Yon, D., & Cook, R. (2024). Neural representations of observed interpersonal synchrony/asynchrony in the social perception network. **Journal of Neuroscience**