

WHAT IS

Found Sounds

Everyone who breathes has rhythm!

Everyone with a heartbeat has rhythm!

FOUND SOUNDS develops community with a time-honored, inspirational approach to embracing differences and building camaraderie. FOUND SOUNDS uses the universal language of rhythm and drumming in a contemporary, innovative format to teach stress reduction tools, communication skills, leadership and facilitation skills, and diversity appreciation.

Ellen Clegg, facilitator/percussionist, offers workshops, classes, and events in a highly experiential format designed to engage and inspire all participants.



Found Sounds
Ellen Clegg
83 Fox Hill Road
Bernardston, MA 01337



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TOGETHER IN RHYTHM



ABOUT THE FACILITATOR

Through FOUND SOUNDS Ellen Clegg unites her passion, skills, and training as a percussionist, facilitator, educator, and performer. Born with music in her blood, Ellen has been immersed in drumming and rhythm since the age of five. Her journey has involved training at Oberlin College and from traditional drummers in rhythmic traditions from across the globe. These include *djembe* from West Africa, steel drum (pan) from Trinidad, multiple percussion from Brazil, *taiko* from Japan, *doumbek* from the Middle East, and drum set, timpani, and xylophone from Europe and the US. Studying these various traditions fuel her desire for understanding culture, community, and social justice. She developed skills as a facilitator, educator, and certified mediator while earning an MS in Environmental Education from the Audubon Expedition Institute at Lesley University. She currently studies the biological and neurological effects of rhythm and drumming on the health of individuals and community as well as the historical role of drummers in various cultures, relating both to her work in today's world. She believes in the power of rhythm and drumming, present in all aspects of the world around us, to develop community, to build communication, to find strength in our differences, and ultimately to inspire hope for a healthy and sustainable future.



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Develops group awareness

Empowers and includes all voices

Reduces stress and releases pent-up energy

Stimulates creativity

Inspires hope and celebration

Found Sounds participants will...

- Learn to sense the nonverbal communication always at play within a group
- Develop listening and communication skills
- Practice hearing others while holding their own voices
- See the value in all levels of participation and contribution of different voices
- Recognize how they are influenced by and influence a group
- Experience the capacity of a group to create a strong, collective voice
- Have a fun, challenging, and rewarding group learning experience



WHO BENEFITS FROM FOUND SOUNDS?

- Conferences—workshops, keynote addresses, closings
- Orientation programs
- School programs and special events
- Staff development and training
- Community celebrations and festivals
- Caregivers/healthcare workers
- Youth-at-risk
- Corporations
- Boards and executive committees
- Personal growth and healing groups
- Women's groups

"I can't tell you enough of how lucky I feel having you as a drum facilitator. I hope you feel appreciated because everyone just loves what you do and how well you do it."

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