

ICF CONVERGE

OCTOBER 23-25, 2025 • SAN DIEGO

Music Makes Me



Music Makes Me: The Art and Science of Music in Coaching

Mark House and Craig Honeycutt

***empoweringLEADERS
leadingWithMusic
aim upward***

OVERTURE

- **As you come in...**
 - *Find an album that represents an important memory for you*
 - *... or if you can't find it, what would you like to have found?*
- **What have you done with Music and Coaching?**
- **What questions do you have about Music and Coaching?**
- **Share with someone/small group...**

Mark House MCC



Fannie Mae®



GEORGETOWN UNIVERSITY
School of Continuing Studies

ACADEMICS ADMISSIONS & AID FACULTY NEWS & EVENTS ABOUT CONTACT

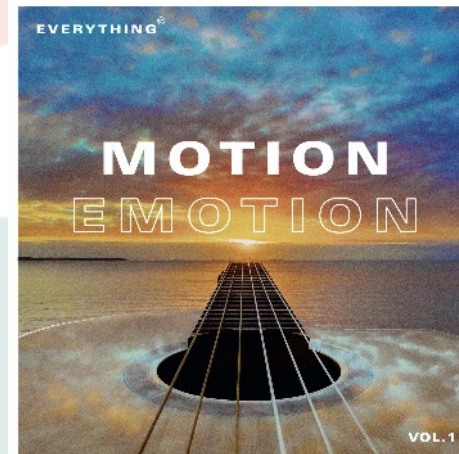


Executive Certificate in Leadership Coaching

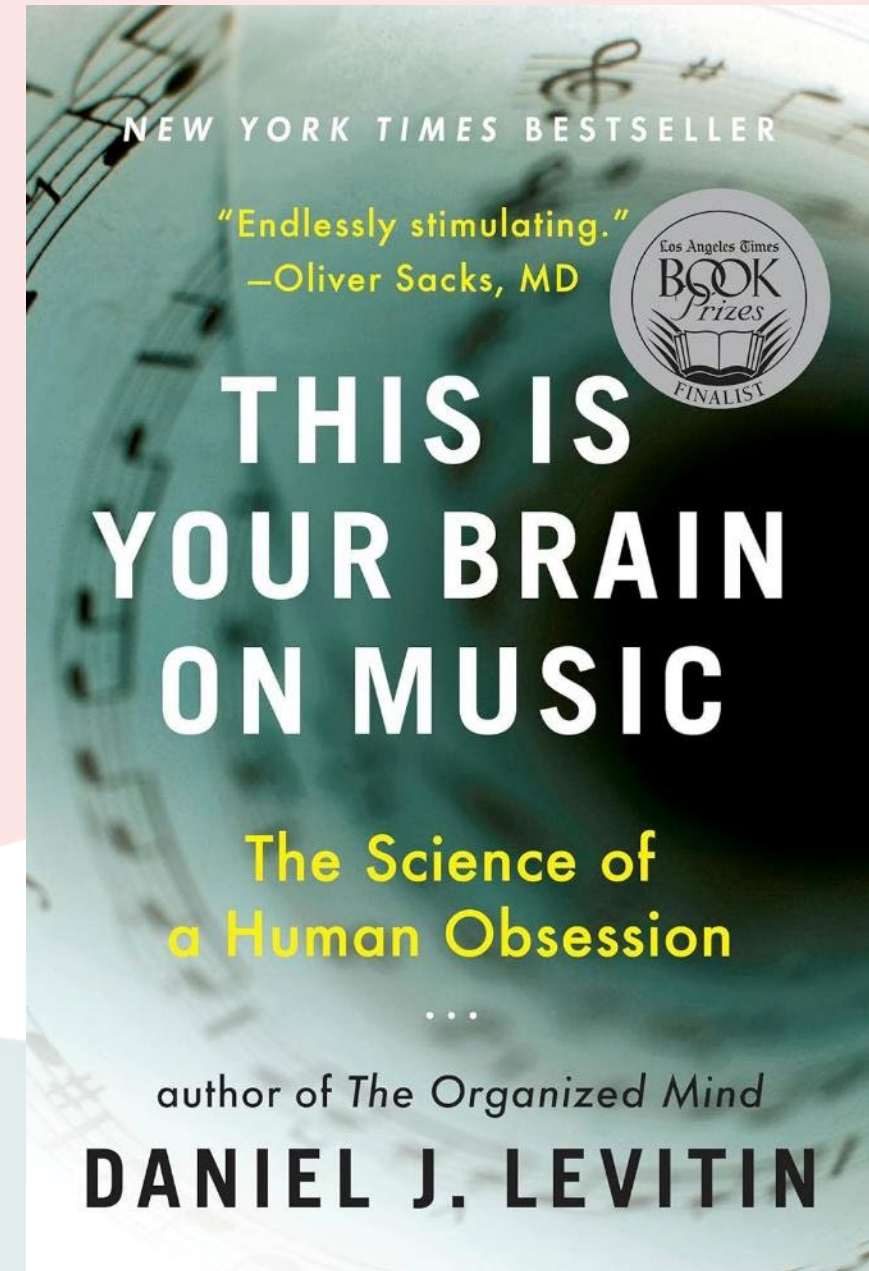
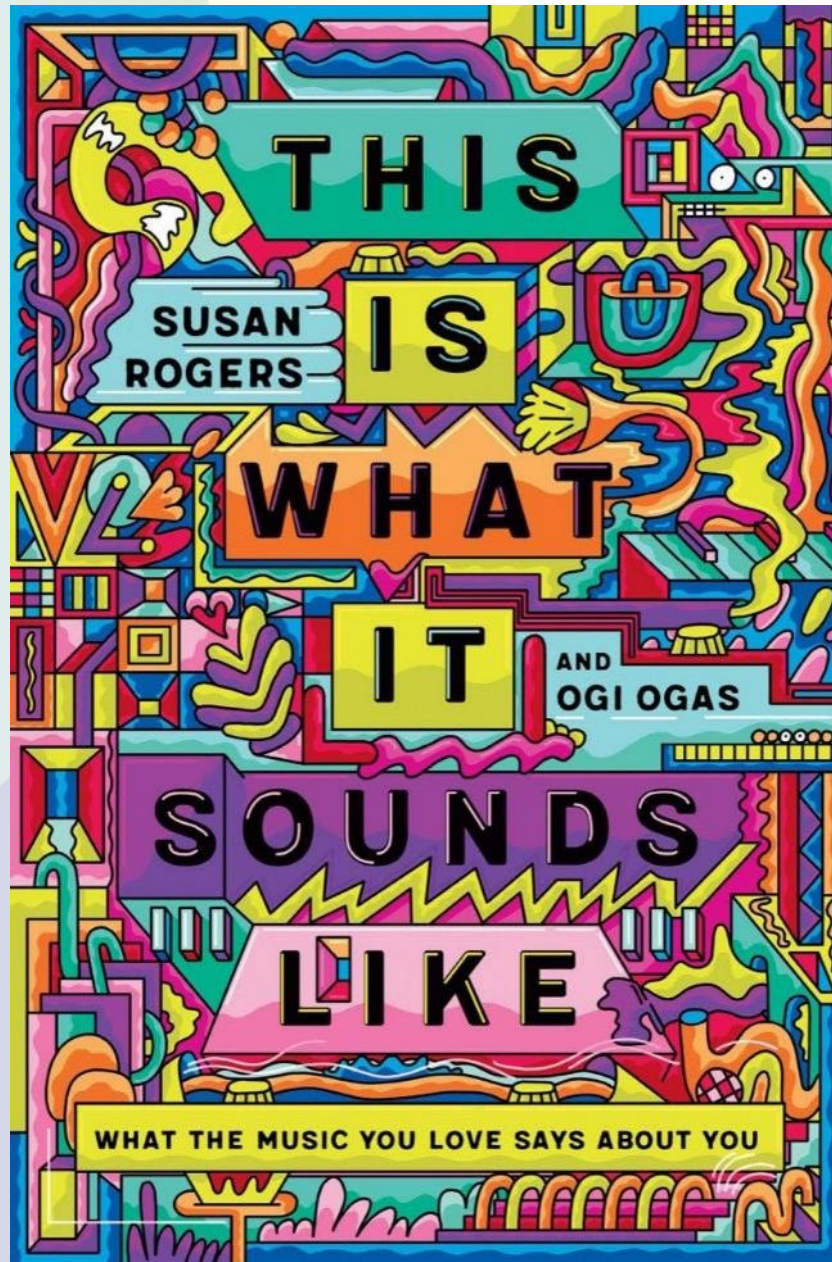
Become a change-agent in organizations by studying coaching within a leadership context and understanding how to create productive relationships in the coaching role.

Craig Honeycutt

- . 30 years in Music
- . 10,000 + hours onstage
- . Hit Songwriter
- . 20 years in Media and Digital
- . Yoga Teacher
- . ICF Coach



Research is CONFIRMING



HOW MUSIC AFFECTS YOUR BRAIN



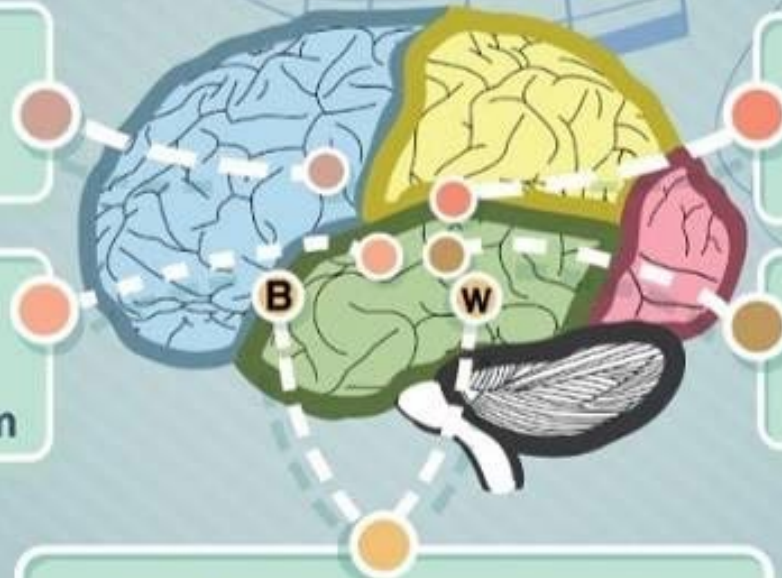
Music activates the motor cortex, causing you to tap your foot to the song

Music stimulates emotion from the nucleus accumbens, amygdala, and cerebellum

Music is processed in the auditory cortex

Music stimulates memories from the hippocampus

Song lyrics activate Broca's and Wernicke's areas, the parts of our brains that process language



Nucleus Accumbens

Reward-related prediction

Inferior Frontal Cortex

High-level sequencing

**Superior Temporal
Cortex**

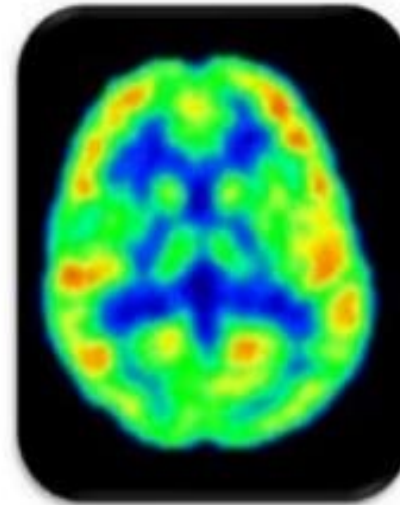
Templates of
previously heard
music

**Amygdala and Medial
Prefrontal Cortex**

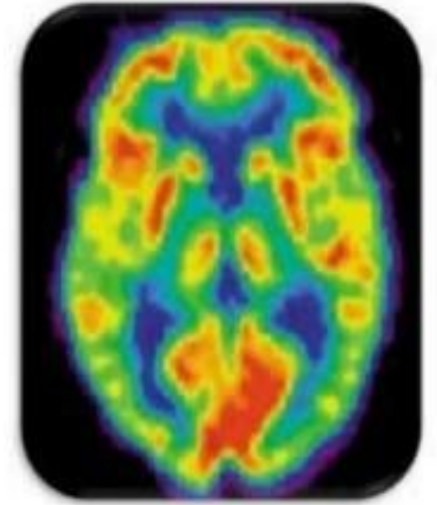
Emotional processing and
high-level valuation of
abstract stimuli

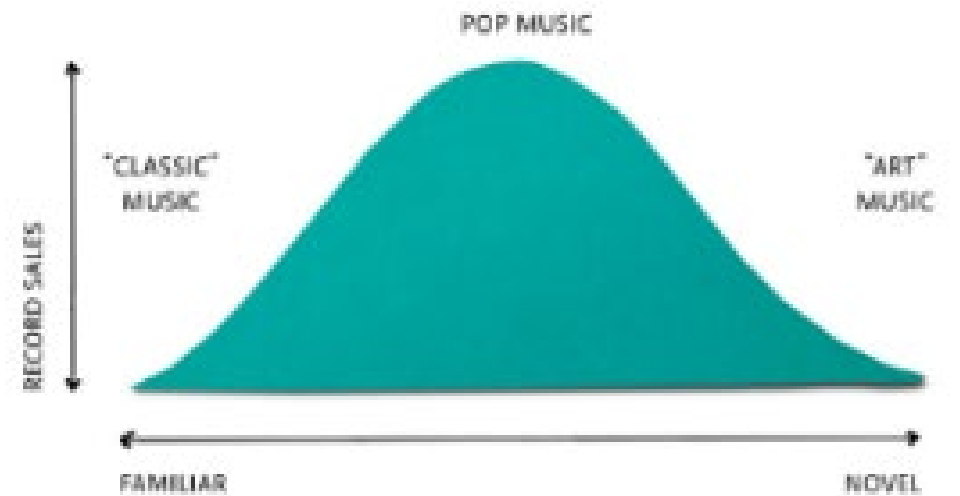
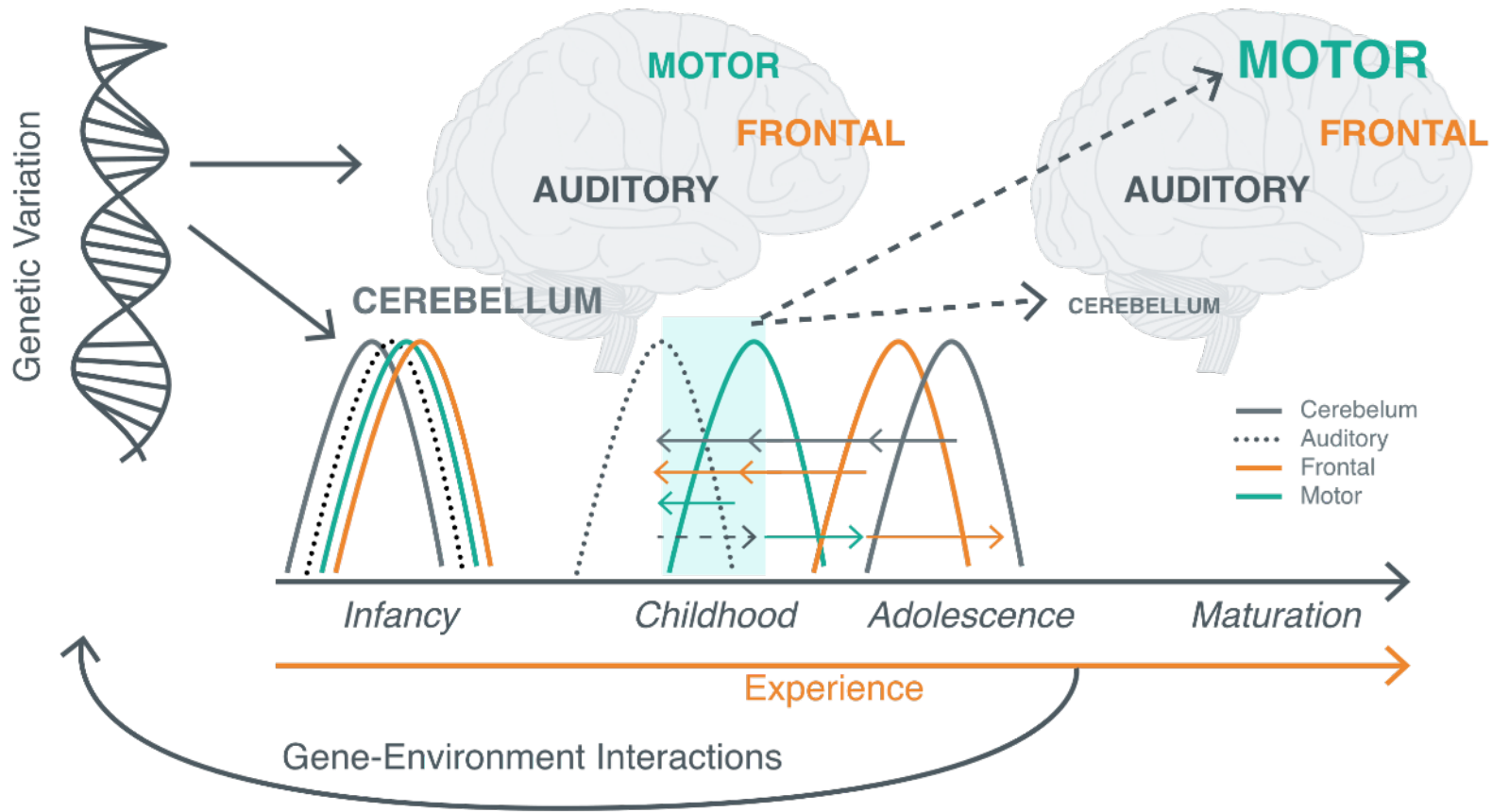


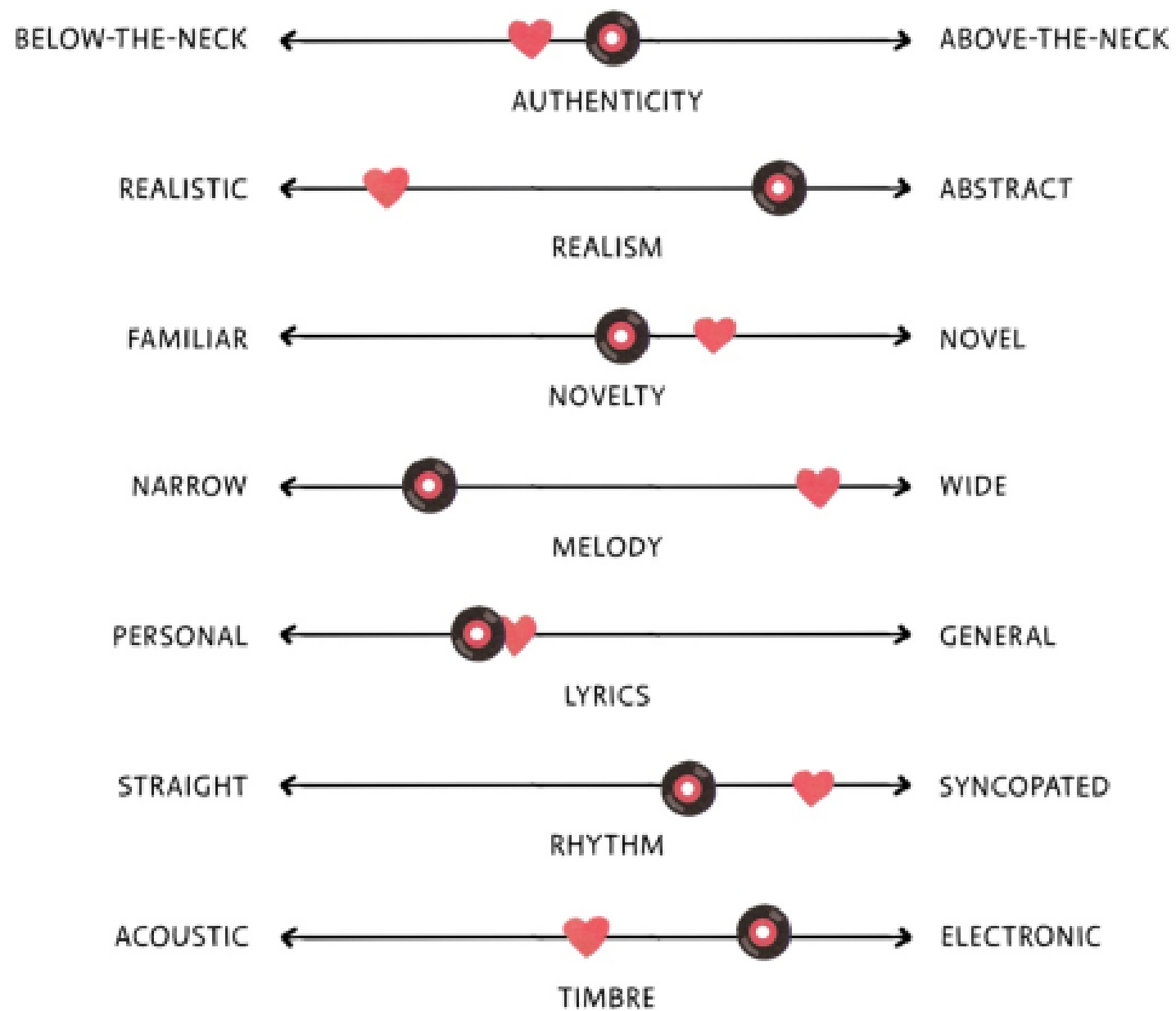
The brain at rest

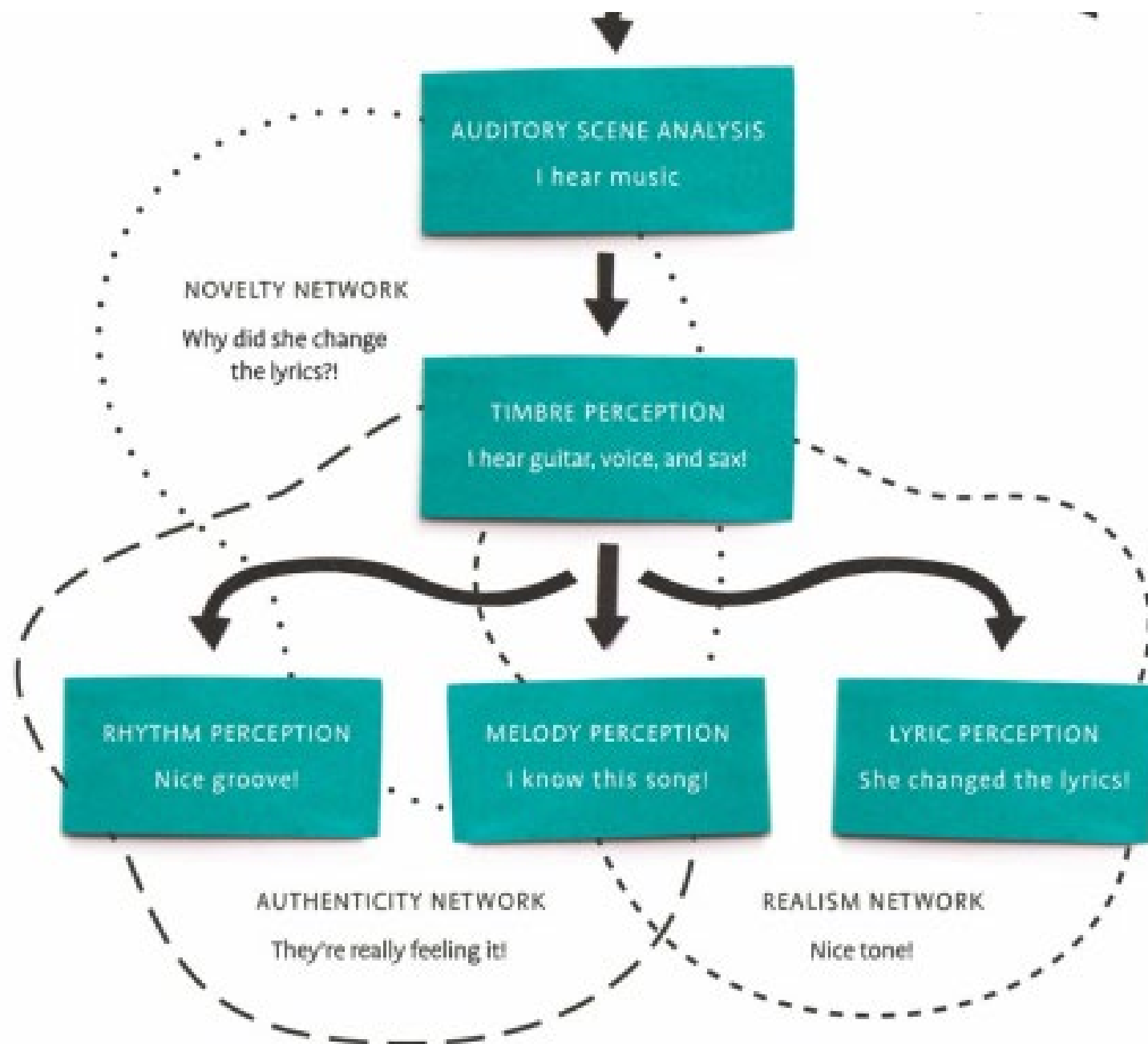


The brain's reaction to music







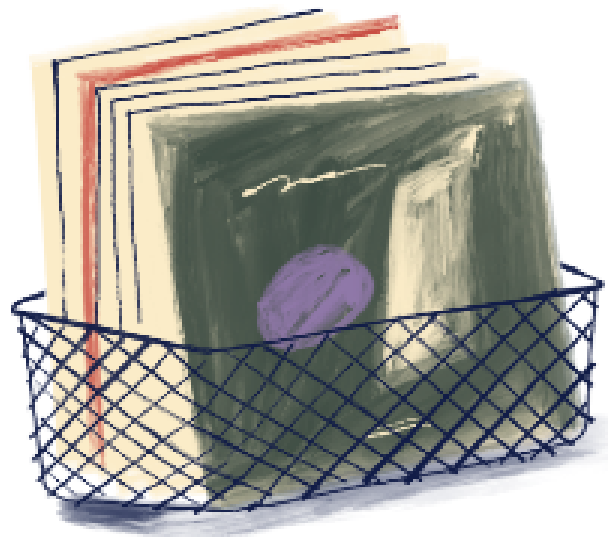


Trustworthiness

=

Credibility + Reliability + Intimacy
Self-Orientation





Vulnerability Level

Singing Together

← Engagement Level →

Record Pull



Story Teller's Triangle

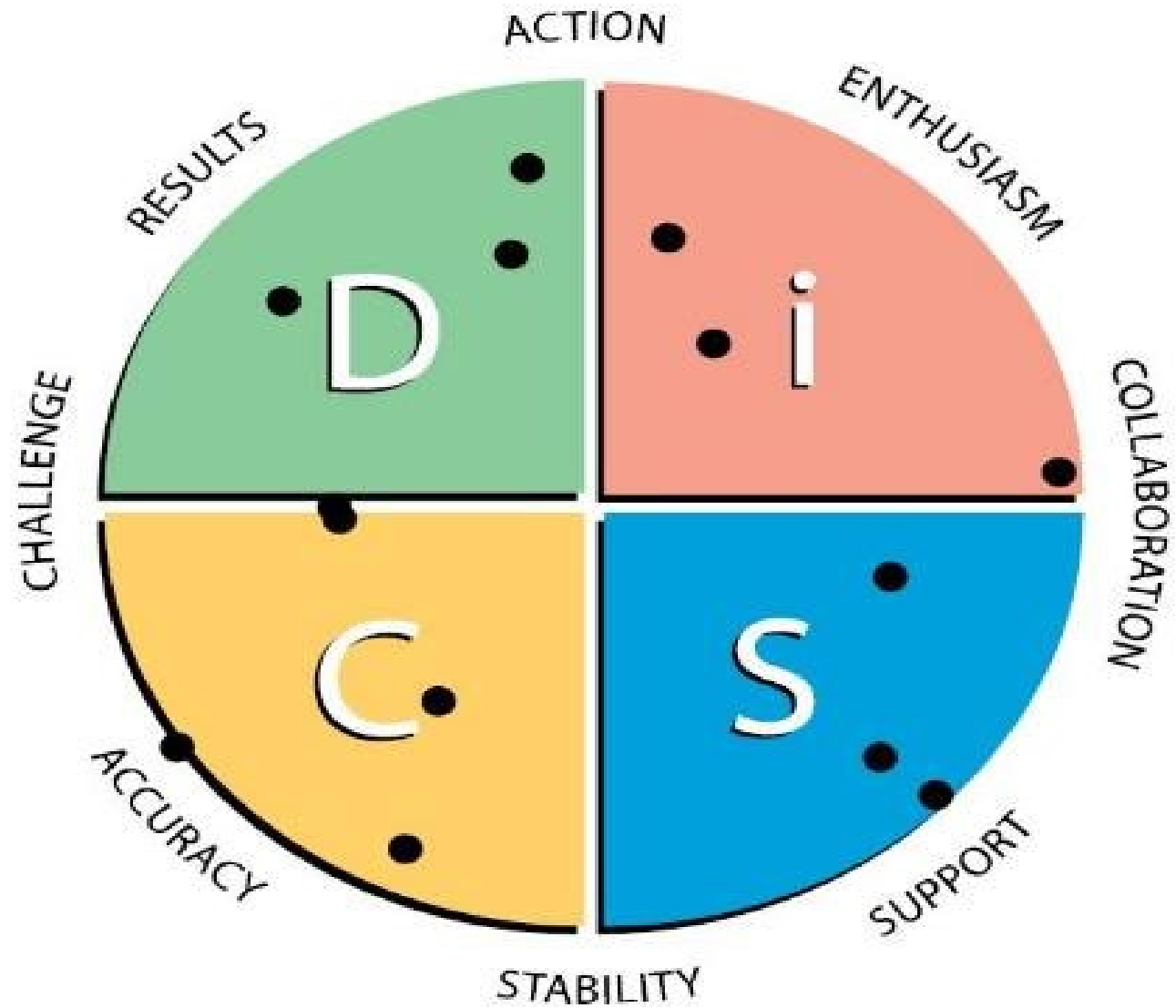
Audience

Teller



Story

...Leverage DiSC to help READ THE ROOM



A few easy Tools

- Coaching questions
 - *What music do you like listening to?*
 - *What type of music helps you _____?*
 - *What song is playing now?*
 - *What song is your "walk-on" music?*
- Record Pulls
 - Significant life events where music was present...
 - What was first song you remember singing?
 - What was first piece of music you bought?
- Playlists
 - Contribute to background for meetings
 - Anonymous or not...
 - Themes...

Mixing Music and Leadership Stories...

engage Change Courage Patient Positive Intelligence Preparation Right vs Effective	observe Feet (Followership) Opportunity The Middle Values Virtue Vision
execute Cleaning Up Continuous Change DEI Martin Luther King Jr	partner Delief Harmony Promise Together
manage Goals Outcomes Perform (Executive Presence) Unexpected	renew Celebrate Faith Healing Hope Retrospective Thanks
manage Decisions Delegation Differences Goals Perfect Persistent Power Rhythm (Management Hygiene)	wonder Clamor Fun Happiness Joy Knowledge
	Bluegrass/Americana The Avett Brothers
	Blues Bo Diddley Son House
	Classical Handel J. S. Bach
	Jazz Art Blakey Denny Goodman Lester Young Return To Forever Weather Report William Ackerman
	Rock Arc Angels Cake Car Stevens Eric Clapton
	Europe J Geils Band Journey KISS Little Feat Santana Slyx The Moody Blues The Partridge Family U2 Van Halen Van Morrison
	Singers Nat King Cole Sammy Davis Jr
	Soul Ray Charles Sly and The Family Stone The Fifth Dimension The Staple Singers

Leadership topic - *Rhythm (Management Hygiene)*

What *Rhythm* makes your Leadership practices regular enough to drive the performance of you and your teams to a new level?

Making things predictable is one of the key tenets of engineering, and similarly, to management. Reducing things to practice, and developing your own *Management Hygiene*, is an important shift that most leaders must make to drive large-scale initiatives and changes.

If you study music at all, you will hear about a specific beat – a *Rhythm* that played a key role in the transition from the blues to rock and roll. Bo Diddley was an American singer, guitarist, songwriter, and music producer who used African rhythms and a signature beat, a simple five-beat hambone rhythm, which is the cornerstone of hip hop, rock, and pop music.

This catalog is the perfect soundtrack to a discussion of *Rhythm and Management Hygiene*.

Leading
with Music



engaging Rhythm... by Listening

Feb 8, 2021 | *Blues, Bo Diddley, engage, Rhythm (Management Hygiene)*

Balance is hard to achieve in any



manage Rhythm.. 1-1 Meetings...

Feb 9, 2021 | *Bo Diddley, manage, Rhythm (Management Hygiene)*

One of the first questions I used to ask leaders in our initial Coaching



partners with Rhythm

Feb 10, 2021 | *Bo Diddley, partner, Rhythm (Management Hygiene)*

In the same spirit as 1-1 meetings, nothing is more important than Rhythmic conversations with peers

Questions?



The background of the slide features a scenic view of palm trees and a city skyline at sunset. The sky is a mix of blue and orange, with the sun low on the horizon, creating a silhouette effect on the palm trees. The water in the foreground reflects the light from the sun.

Music Makes Me



International
Coaching
Federation

coachingfederation.org



Music Makes Me

