CLEAN COPY- 3rd Revision (Use this copy to replace the WordPress content for the link at **http://www.achatwithstars.com/wp-admin/post.php?post=206&action=edit**)

**SUBTABS**

(non bolded fonts- represent subtabs that do not require any text as they link to another page)

1. **The Technique**
2. **Keynotes & Workshop**
3. **Concert**
4. **Experiences & Events**
5. Video
6. Booking & Media Inquiries

**The One Sound On Technique**

***A Note From TG, Founder of the VLNetwork & One Sound One Technique***

**HI, I AM TRACIANA!**

**THANK YOU FOR YOUR INTEREST IN THE ONE SOUND ON TECHNIQUE. I AM SO GLAD YOU’RE HERE!**

I believe we are all connected by breath. And through breath, music is our human ability to focus our intentions through sound vibration to build empathy and create social connection.

**Using** [**music psychology**](lhttps://www.goodnewsnetwork.org/highly-empathetic-process-music-differently-smu/?fbclid=IwAR3-1T9OuR3BpYQPZwf0wTo6gOQm4toemdowmO-Fpey4V3GbNiiQ5YydQ9U) **and incorporating extensive research,** I developed the **One Sound On Technique.** The technique interweaves song, music, story share, and vibration **to create Fearless Listening Community and Embodiment.** Research supports my beliefs that [music is pleasurable and plays a key role in our mental and physical well-being](https://greatergood.berkeley.edu/article/item/four_ways_music_strengthens_social_bonds). In fact, one study shows that music changes our brain circuits and gives us the ability to build empathy, trust, and cooperation.

**Through guided vocal connection, meditation, song, sound, and story share, One Sound On** transcends language and our barriers, invoking our core connections. You can leverage this technique to transform the environment and cultures around you. **One Sound On** also **harnesses** **the power of community**. We make the technique available in our customized learning communities, like:

* + One Sound On Townhall Experiences
  + One Sound On Summits
  + One Sound On Keynotes & Workshops
  + One Sound On In Concert

**My Personal Core Manifesto**

I have seen, practiced, and facilitated the "power of voice," which can shape a person, a community, and culture. I believe that it is essential to cultivate One Sound On opportunities daily to embody the most profound elements of what makes us remarkably designed to fulfill both our individual purpose and professional endeavors. This is my philosophy, mission, and purpose that is the cornerstone of every action I take.

The **One Sound On** technique combines Fearless Listening and the power of voice, breath, story share, and sound. This distinct merge between the two concepts allows us to create powerful shifts in personal narratives and interpersonal collaboration. The technique builds on **Fearless Listening ™ Methodology** principles and infuses them with the worldwide communication system known as sound and song. While many individuals and groups have either targeted communication through song or developed tools such as listening techniques, VLN has strategically taken the most essential elements of the two concepts, expounded on foundational principles, and determined how the One Sound On technique makes us all remarkable.

**How I Have Fulfilled My Quest**

**Voted by the Huffington Post as one of "America's Most Fearless Women,”** for the work I have done with fortune 500 companies, the **WNBA,** hundreds of higher education institutions, shelters, and prisons, I have had the opportunity to share my expertise as a **leadership strategist, workforce development consultant and potent coach**.  My insights are regularly featured on national media outlets. I have also fulfilled my quest as an **internationally acclaimed vocalis**t (former background vocalist for **Celine Dion** and six-time Grammy award-winners **Steel Pulse**), a **motivational speake**r, and a digital activist.

**My Bonafides**

**The One Sound Technique and My Fearless Listening ™ Methodology** leverage my practical experiences with the research I achieved during my academic tenure at the **Sorbonne**, **Georgetown University,** and **New York University**.

**LEARN MORE ABOUT TG**

**Sound On Keynotes and Workshops**

**One Sound On,** which providesguided vocal connection, meditation, song, sound, and story share, **is a technique that Traciana developed to tap into the power of community.** It builds on the methodologies that are used to create a Fearless Listening Community and embodiment of purpose. **The technique is made available to attendees during keynotes and workshops.**

During **One Sound On,** keynotes and workshops are customized to cater to leadership, team, and personal development. Traciana helps participants create powerful shifts in their personal narrative and interpersonal collaboration. Whether for work performance or personal living, these powerful keynotes and workshops facilitate a stronger, more inclusive workplace and personal culture.

Unlike traditional workshops that invite collaborative discussion and engagement, the One Sound On workshops and keynotes deliberately reach beyond verbal expression. By infusing sound vibration and community chorus, our workshops can evoke more deeply rooted senses that connect us to others through melodic sound and individual personal expression at the same time.

This unique technique of communicating with others in a community setting provides an insightful realization for personal development.

**Customized One Sound On Keynotes Feature:**

* Guided Sound and Story Share that meets the specific goals of your company, institution, association, conferences, and group gatherings
* An opportunity for attendees to cultivate greater cultural competency and respect that is essential for highly engaged teams
* Experiential activities that help the audience to develop a community for deeper connection, collaboration, and networking

*For Leadership and Team Performance Keynotes,* ***Click Here*** *(links to the TG KEYNOTES PERFORMANCE)*

*For Personal Development and Keynotes,* ***Click Here*** *(links to the TG KEYNOTES LIVING)*

**One Sound On Workshop:**

* Can vary in length from a half-day to 3-5 days
* Can be customized for your company's specific needs to work in tandem with Traciana Graves' **Fearless Listening Leadership Cultures or Fearless Listening Personal Success Methodologies** as well as your group or audience's personal goals
* Afford leaders and their team members with a heightened understanding of how inclusive cultures benefit from the productivity and innovation of every team
* Provide critical opportunities to create a long-lasting and authentic connection

*For Leadership and Team Performance Workshop Intensives,* ***Click Here*** *(links to the TG KEYNOTES & WORKSHOP PERFORMANCE)*

*For Personal Development, Healing Workshop Intensives* ***Click Here*** *(links to the TG KEYNOTES & WORKSHOPS LIVING)*

**RETREATS**

* We are currently developing and will share details soon.

**ONE SOUND ON CONCERT WITH TG**

Keynote speakers and workshop leaders are almost always qualified to guide participants through informative sessions and life-altering ‘aha moments.’ However, Traciana Graves is uniquely qualified to not only provide essential techniques to form deeper personal and professional connections, but to lead participants in the art of melodic community sound.

Due to her extensive background and understanding of world music and its effect on communication, healing, connection, and personal development, TG has the ability to permeate listening barriers that typically go unnoticed during concerts.

Attendees will find that a deeper listening element has been infused into the concert - A Fearless Listening.

**One Sound On TG in Concert** features:

* Traciana Graves in concert in acoustic or band formation
* Healing through Sound
* An invigorating experience nonpareil

*CLICK HERE FOR MORE INFORMATION (links to the TG KEYNOTES)*

**Sound On Townhall Experiences and Healing Events**

Our**One Sound On Townhall Experiences & Events**, offered**in both in-person**and **virtual gatherings,** allow our global community the opportunity to meet their immediate and connectivity needs. All of our personal development experiences and events are geared towards personal realization for your Happiness 360 journeys on all levels. We focus more pointedly on exploring the untapped potential and greater mindfulness while stressing the importance of self-awareness. Our One Sound On Experiences and Events also emphasizes helping individuals realize, develop and draw from their full selves.  VLN embraces a connection with you.

**OUR ONE SOUND ON EVENT TECHNIQUE**

Our One Sound On Experiences and Events rely on our Fearless Listening Methodology and One Sound On Technique. They feature visionaries who share candid, disruptive conversations for vanguard insights and resources. Our**One Sound On Townhall Experiences & Events**follow The VLNetwork editorial calendar, curating Happiness 360 conversations.  The diversity in our event types allows attendees to engage in methods that resonate best with their preferred communication style and approach to building connections.

Our One Sound On Experiences and Events include:

**VIRTUAL GATHERINGS**

* Customized webinars
* At-home summits
* Townhall experiences

 For information about our virtual gatherings and summits, ***click here***.

**IN-PERSON GATHERINGS**

In-Person One Sound On gatherings are available in Townhall Experiences, Healing Events, and Retreats. They include:

* Handpicked discussion topics curated from our **One Sound On Townhall Experience Calendar,** specific to your organization, group, and institutions to meet your goals
* Holistic community and profound networking opportunities
* Interactive audience-driven discussion
* Guided Sound Healing, Meditation, and Story Share

To bring A One Sound On Townhall Experience to your company or organization, ***click here***.

For information about our in-person gatherings, ***click here***.