



**THRIVE**  
To Help Regions Increase  
Vibrant Engagement



# THRIVE and PEP

## NxNW Region 13 Chorus Education Opportunities

**THRIVE** stands for *To Help Regions Increase Vibrant Engagement*. The goal of THRIVE is to maintain and increase member retention through programs focused on the non-musical needs of choruses — chorus culture, goal-setting, recruitment, finances, community relations, marketing, administration, and leadership training. Region 13 faculty are available to work with choruses in creating plans that build upon their strengths and enhance their visions of the future.

**PEP** stands for *Preparing Exceptional Performances*. Its purpose is to prepare choruses for giving exceptional performances, be that at rehearsal, on a show, or in a performance around the community. PEP is an opportunity for choruses to bring in talented Region 13 faculty to provide education in areas such as vocal production, showmanship, Personal Vocal Instruction, show production, and more.

**When can we schedule a THRIVE or PEP visit?** Right now! Choruses are eligible to receive one in-person visit per year (May 1 – April 30) **AND** an opportunity for a second visit via Zoom or other electronic means. The electronic visit is meant to be approximately 1 hour in length. Note that all THRIVE and PEP visits must be booked ahead of time and approved by the Region 13 Education Team. You cannot turn a planned coaching session into a THRIVE or PEP visit.

**Does our THRIVE or PEP visit have to be on a weekday?** No. You may schedule a visit for a weekend if that works out better for your chorus. However, in-person visits are for a maximum of six hours. The newly-offered electronic session is approximately 1 hour.

**Can we choose which faculty visits our chorus?** Your chorus is welcome to suggest the faculty you'd like to have. Please understand, however, that we need to be sensitive of coaches' personal and professional commitments, and your first choice may not be available. Additionally, we like to "share the wealth" and introduce all our fantastic faculty members to our choruses. We will work with you to find a coach and/or day that is mutually satisfying to all! You can be sure we will carefully consider the input and requirements of the requesting chorus and match you with the faculty member(s) best suited to your needs.

**Which topics are offered?** See below for suggested topics to get you started; feel free to suggest others. We have experienced faculty who are happy to work with you to provide the education your chorus desires. Visits are flexible -- you can schedule a visit for your entire chorus, or just a part of it, such as with your section leaders or administrative leaders.

**What will it cost the chorus?** The Region will fund transportation costs for your THRIVE or PEP visit. Choruses are expected to cover the faculty's meals and hotel accommodations (unless other agreements are made). If your session exceeds six hours of the faculty member's time, you will need to pay their regular coaching fees for all hours beyond six.

**What if I have more questions?** The Education Liaison for THRIVE/PEP is Laura Lambert. You can contact her at [lolambert4@gmail.com](mailto:lolambert4@gmail.com) or (208) 818-0783. The Region 13 Faculty Training & Development Manager is Frances Lunder.

Register today! Explore your chorus's full potential with quality instruction, personalized inspiration, and valuable resources available from the Region 13 Education Team. See the final page of this packet for the registration form.

## THRIVE VISIT IDEAS

*Use this list to brainstorm topics for your THRIVE Visit. You can request education for any of your chorus's non-musical areas of need.*

- |   |  |
|---|--|
| _____ Chorus Vision, Values, & Mission Statements | _____ Creating a member handbook           |
| _____ Curating chorus Standing Rules              | _____ Soliciting member feedback           |
| _____ Chorus Director contract administration     | _____ Membership recruitment and retention |
| _____ Member recognition programs                 | _____ New Member programs and systems      |
| _____ Emerita and Associate member programs       | _____ Chorus financial administration      |
| _____ Leadership team training                    | _____ Long-range planning                  |
|   | _____ Marketing your chorus                |
|   | _____ Communication skills                 |

## PEP VISIT IDEAS

*Possible topics for your PEP Visit. This list is also not exhaustive so feel free to get creative!*

- |   |   |
|---|---|
| _____ Vocal production  | _____ Getting to the next level             |
| _____ Vocal energy  | _____ Musical techniques for small choruses |
| _____ Unit sound  | _____ Choosing music                        |
| _____ Improving skills in Music, Sound, Expression, Visual categories | _____ Music staff/section leader training   |
| _____ Rhythm training   | _____ Visual Communication                  |
| _____ Sight singing   | _____ Choreography team training            |
| _____ How to be a great bass, baritone, lead,tenor                    | _____ Script writing                        |
|   | _____ Show production                       |

**North by Northwest Region 13  
THRIVE Program or PEP Program  
REGISTRATION FORM**

Today's date: \_\_\_\_\_ Chorus Name: \_\_\_\_\_

**Team Leader/President Name:** \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Email: \_\_\_\_\_

**Director Name:** \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Email: \_\_\_\_\_

**Chorus contact for this THRIVE/PEP visit:** \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Email: \_\_\_\_\_

**Our chorus is interested in the following topics:**

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

**Type of Visit Requested:** \_\_\_\_\_ In Person \_\_\_\_\_ Zoom (or other electronic visit)

**Requested Dates:**

1st choice: \_\_\_\_\_

2nd choice: \_\_\_\_\_

3rd choice: \_\_\_\_\_

**Do you have preferred faculty for your visit?**

*Please note Program coordinators can't promise you'll get your first choice, but we will try.*

1st choice: \_\_\_\_\_

2nd choice: \_\_\_\_\_

3rd choice: \_\_\_\_\_

Please initial here to acknowledge the following: *The chorus is aware that any costs for faculty lodging and meals during a THRIVE or PEP visit are the responsibility of the chorus* \_\_\_\_\_

A list of Region 13 faculty members can be found via the Education tab at [www.sairegion13.org](http://www.sairegion13.org)

Send this page of the registration form to:  
Laura Lambert, THRIVE/PEP Coordinator,  
[lolambert4@gmail.com](mailto:lolambert4@gmail.com) (208) 818-0783