

The S.O.N.G. Method™

A Music-Centered Methodology for Personal Transformation

Developed by Christina Connors
Founder, A New Soul Song Productions

www.anewsoulsong.com

Overview

The S.O.N.G. Method™ is a first-of-its-kind music-centered methodology that uses the transformative power of live vocal performance, intentional song work, and pattern-awareness practices to guide individuals toward lasting personal transformation.

Developed by Christina Connors — professional singer, MBSR-certified wellness specialist, and burnout prevention expert. The S.O.N.G. Method™ bridges the worlds of music, mindfulness, and coaching in a way that no other methodology does. It is built on a foundational truth: music bypasses the analytical mind and speaks directly to the unconscious, making it uniquely powerful as a vehicle for surfacing and shifting the deep patterns that shape our lives.

At the heart of The S.O.N.G. Method™ is Christina's live voice. Not recorded music. Not background sound. A trained professional singer, present in real time, offering the song as a therapeutic and transformational tool. This is the irreplaceable and irreplicable methodology.

A Voice of Endorsement

There is a through-line from Fred Rogers to the work Christina Connors does today. Angela C. Santomero — the woman Fred Rogers personally chose to carry his legacy forward, and Emmy Award-winning creator of Blue’s Clues and Daniel Tiger’s Neighborhood has long looked to Christina as her own trusted mentor and friend. “Christina doesn’t just teach mindfulness and healing,” Angela says. “She embodies it.” What Rogers understood — that every person deserves to feel seen, safe, and understood — is the same truth at the heart of The S.O.N.G. Method™. Christina brings that rare, quiet presence to the caregivers who have spent so long giving it to everyone else.

“In my work, I spend my life creating characters that children and families can trust — voices that feel safe, warm, and true. I know how rare that is. And that’s exactly why Christina means so much to me.

Christina is an authentic voice in a world full of noise. What she offers doesn’t come from a script or a trend — it comes from a deep well of passion, presence, and lived integrity. You feel it the moment she speaks. Her voice alone is grounding, nurturing, and real in a way that instantly makes you feel held.

Over the years, she has been not only my massage therapist and mentor, but a true friend to me and my family. With my demanding schedule and life, I’ve leaned on Christina again and again to help me come back to balance, clarity, and myself. She shows up with extraordinary consistency and care, and that kind of reliability builds real trust.

Christina doesn’t just teach mindfulness and healing — she embodies it. In the same way I try to create characters who help children feel brave, seen, and supported, Christina helps parents and caregivers do the same in their own lives. If you’re ready to break old patterns and show up with more presence and heart, she’s the guide you want. I trust her completely.”

— **Angela C. Santomero**

Emmy Award-Winning Creator of Blue’s Clues and Daniel Tiger’s Neighborhood

Personally chosen by Fred Rogers to carry his legacy forward

The Philosophy

Most personal development approaches work top-down. They try to change behavior through information, logic, and willpower. But lasting transformation doesn’t happen in the thinking mind. It happens in the body, in the nervous system, in the unconscious patterns we inherited long before we had words for them.

Music works differently. It enters through the body. It bypasses resistance. It reaches the places that talking cannot reach — the stored emotions, the inherited beliefs, the generational patterns that run silently beneath the surface of our daily lives.

The S.O.N.G. Method™ uses this unique quality of music not as entertainment or background — but as the primary therapeutic portal. Each song is carefully chosen or commissioned to illuminate a specific theme of human experience. And when delivered live, by a trained vocalist who is also a certified wellness practitioner, the song becomes something more than music. It becomes a mirror. An opening. An invitation to see yourself more clearly.

The Four-Part Process

The S.O.N.G. Method™ follows a consistent, repeatable four-part process that can be applied in one-on-one coaching, small group settings, workshops, keynotes, and digital programs:

S — Settle

The session opens with a short somatic grounding practice. Breath, body awareness, and conscious arrival. This step signals safety to the nervous system, creating the conditions necessary for deep work. Without settling, the analytical mind stays in charge and transformation remains surface-level.

[2–3 minutes]

O — Open

Christina performs the session's song live. This is the methodology's defining and irreplaceable element. The live voice, present, intentional, and attuned to the energy of the room, creates an emotional and energetic opening that recorded music cannot replicate. Participants are invited to simply receive the song with open awareness, noticing what arises in their body, their emotions, and their memory.

[4–5 minutes]

N — Notice

The coaching conversation begins. Using the song's theme as a lens, Christina guides participants through a process of pattern awareness, gently surfacing the unconscious beliefs, inherited narratives, and automatic responses that shape their experience. This is not advice-giving or problem-solving. It is guided noticing. The questions are open, curious, and compassionate. The goal is awareness — because awareness itself creates change.

Key questions in this phase include:

- Where do you feel this song in your body?
- What does this theme bring up for you personally?

- Where do you see this pattern showing up in your daily life?
- What did you learn about this theme growing up?
- What are you ready to release around this?

One-on-one: 35–40 minutes of deep personalized pattern work

Small group: 45–50 minutes — Christina facilitates, each person shares, group witnesses

[35–50 minutes]

G — Ground

The session closes by anchoring the insight into a conscious intention. Participants identify one awareness they are carrying forward and one small conscious choice they will make before the next session. This step bridges the inner work to outer life, ensuring that transformation doesn't stay inside the session but ripples into daily living.

[5 minutes]

The Methodology in Practice

The S.O.N.G. Method™ is currently applied across four distinct offerings:

The 90-Minute Live Experience: Songs for the Soul

The S.O.N.G. Method™ comes fully alive on stage. In this 90-minute keynote or workshop experience designed for conferences, summits, and organizational events. Christina guides the entire audience through the four-part S.O.N.G. process live. She performs all three songs from The 3-Week Awakening in real time, weaving each into a guided reflection that invites genuine audience participation. Attendees don't just watch. They settle, they open, they notice, and they leave grounded, having experienced the methodology firsthand in a way that no talk or presentation alone could achieve. This is a keynote that transforms the room.

Songs for the Soul: The 3-Week Awakening

A gentle introductory experience using three songs to guide caregivers through surrender, perspective, and receiving support. Delivered as a self-paced digital program — and available as the foundation of the 90-minute live experience above.

Songs for the Soul: The 10-Week Journey

A comprehensive self-paced program using ten original songs by multi-platinum composer David Friedman to guide participants through ten themes of personal transformation. Each week applies The S.O.N.G. Method™ in a digital format with guided reflections, journal prompts, and community support.

The Deep Dive: One-on-One and Small Group Coaching

The fullest expression of The S.O.N.G. Method™ — live, intimate, and deeply personalized. Christina works with individuals or small groups of six to eight people across ten sessions, one per song. Each session follows the complete four-part S.O.N.G. process, with Christina's live vocal performance as the therapeutic opening and personalized pattern work as the transformational core.

What Makes The S.O.N.G. Method™ Unique

Three elements combine to make this methodology truly one of a kind:

The Live Voice as Therapeutic Tool

No other coaching methodology uses live vocal performance as its primary transformational instrument. Christina's trained voice — present, attuned, and intentional — creates an experience that is impossible to replicate through recorded content or traditional coaching alone.

The Song as Mirror

Each song used within The S.O.N.G. Method™ is selected or commissioned specifically to illuminate a theme of human experience. The lyrics become coaching prompts. The melody becomes a somatic anchor. The message becomes deeply personal in a way that no worksheet or exercise can achieve alone.

The Pattern Awareness Thread

Unlike programs that address one theme in isolation, The S.O.N.G. Method™ builds across sessions. Each song and theme layers upon the last, creating a cumulative arc of self-awareness. By the final session, participants can see the through-line — the core pattern that was running beneath all ten themes. This is where lasting transformation lives.

The Population It Serves

The S.O.N.G. Method™ was developed specifically for caregivers. Parents, teachers, healthcare workers, childcare providers, and anyone whose daily life is organized around caring for others. These are people who give generously and consistently, often at the expense of their own wellbeing. They are not broken. They are depleted. And they need an approach that meets them where they are — gently, musically, and without adding more to their already full plates.

The methodology is equally applicable in corporate wellness, educational settings, healthcare systems, and retreat environments.

About the Creator

Christina Connors has spent over two decades doing one thing with extraordinary consistency: helping people come back to themselves.

As a burnout prevention specialist, keynote singer, MBSR-certified mindfulness practitioner, and creator of The S.O.N.G. Method™, Christina brings together the healing power of live music and the science of pattern awareness to help caregivers, parents, teachers, and healthcare professionals find their center again. Her work is rooted in 23 years of one-on-one wellness practice in Greenwich, Connecticut, where she witnessed the same heartbreaking pattern again and again: people would leave her care feeling calm and restored, only to lose that peace the moment they stepped back into their lives. That observation became her mission. The S.O.N.G. Method™ is her answer.

Christina's creative partnership with multi-platinum Broadway and Disney composer David Friedman is central to everything she builds. Together they co-authored the children's picture book *We Can Be Kind* and co-curated the musical content for KindMind Education — a premier trauma-informed social-emotional learning curriculum used in schools across the country. Friedman also writes all of the original songs for Christina's *Christina's Cottage* YouTube channel. An engaging, music-centered series dedicated to fostering emotional regulation and resilience in young children. This same creative partnership is the therapeutic core of Christina's *Songs for the Soul* programs and *The Caregiver's Sanctuary*, her music-and-mindfulness wellness community.

Christina is also the singing and speaking voice of *The Healing Chickadee*, a nonprofit program supporting children and their families through grief — a role that speaks to the depth of trust placed in her voice in life's most tender moments.

She has shared the stage with Broadway stars including Norm Lewis, performed at New York's Shubert Theater for the Only Make Believe Foundation, and recorded two albums: *Dream Bigger... Songs of Hope, Healing and Inspiration* (2017) and *Ordinary Miracle* (2022). She is a distinguished member of KnowEwell's Regenerative Whole Health Council, a monthly expert contributor to the Healthy Kids column in *Natural Awakenings Magazine*, and was recognized by *Global Woman Magazine* as one of the most inspiring Top Global Women Entrepreneurs in 2024.

She holds a Bachelor of Arts in Music Theater from the Hartt School of Music at the University of Hartford and is certified in Mindfulness-Based Stress Reduction (MBSR). A native of West Hartford, Connecticut, she lives in Stamford with her husband.

The S.O.N.G. Method™ is the culmination of Christina's life's work — bringing together her gifts as a singer, her training as a mindfulness practitioner, and her deep passion for helping caregivers break generational cycles so they can model thriving for those in their care.

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