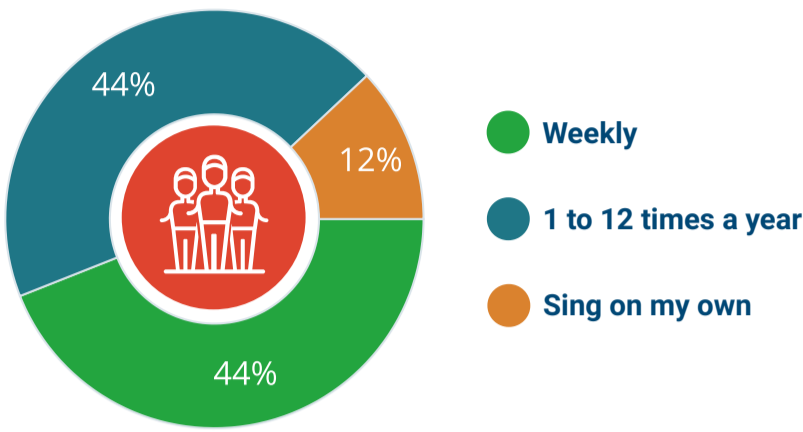


# THE BENEFITS OF SINGING... TOGETHER

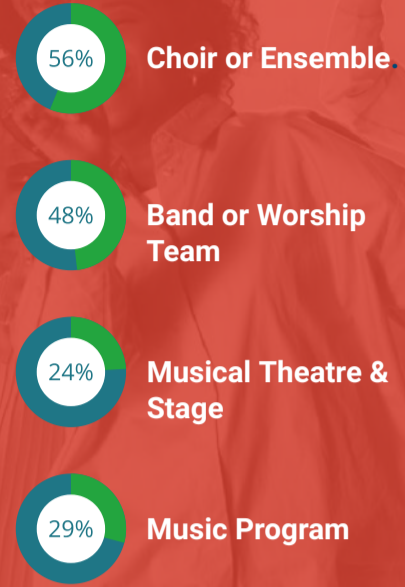
At Singdaptive, our platform where thousands of singers work 1-on-1 with vocal coaches, we got inspired by the **curated research work by Choral Canada on the Benefits of Singing**. We surveyed our members on the Benefits of Singing, Together.

## SINGERS SINGING TOGETHER

How often do singers sing together with other singers?

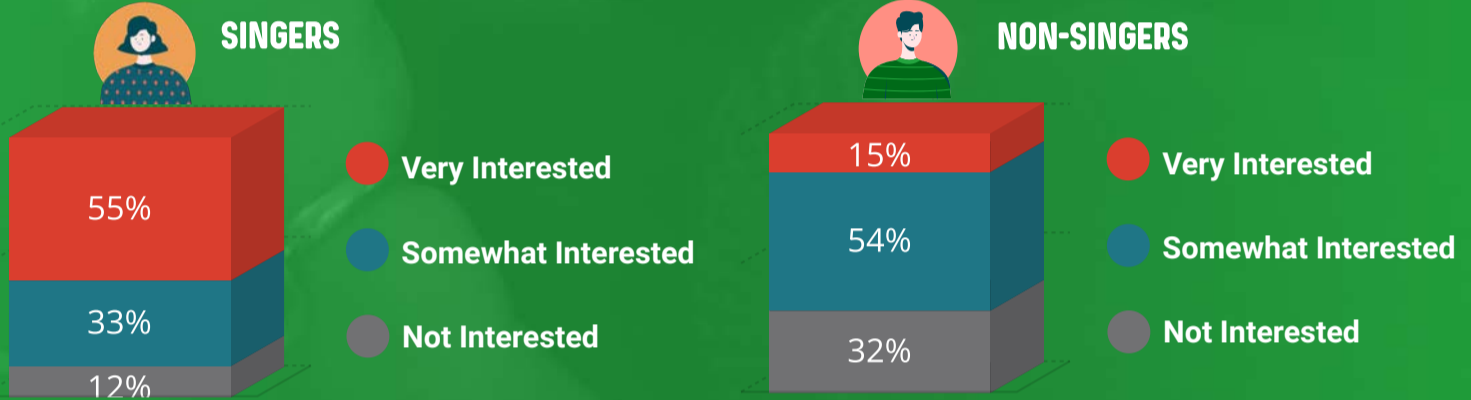


How do singers sing together?



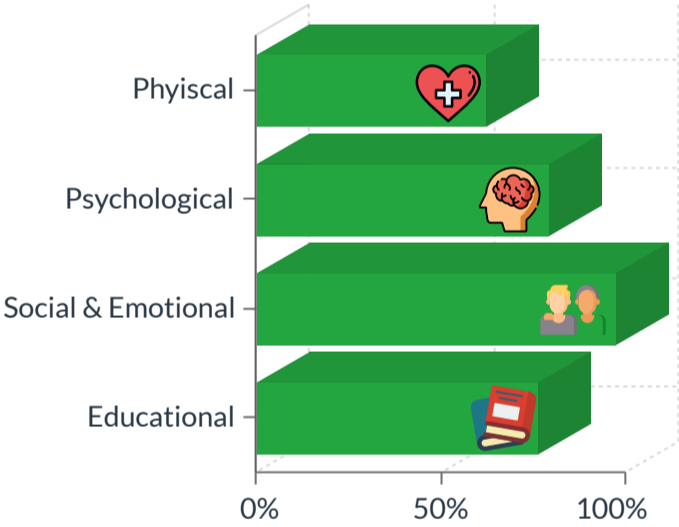
## INTERESTED? IN SINGING TOGETHER

How interested do you believe your friends & family would be in singing together?



## BENEFITS EXPERIENCED

What types of benefits do you believe you receive from singing?



## AREAS FOR IMPROVEMENT

Specific benefits singers want to improve on:

- COMMUNICATION
- HEART & LUNG HEALTH
- POSITIVE MOOD
- MEMORY
- PERSONAL IDENTITY
- PHYSICAL IMMUNITY
- SOCIAL SKILLS
- EMPOWERMENT
- STRESS RELIEF
- MUSICIANSHIP
- COMMUNITY ENGAGEMENT
- MENTAL FOCUS
- PAIN RELIEF
- LANGUAGE DEVELOPMENT

## IF WE STOPPED SINGING WHAT WE WOULD LOSE?

Benefits where singers want most improvement:

Benefits singers worry about losing if they stopped singing:



## THE BENEFITS OF SINGING ARE FOR ANYONE

TALK TO A SINGER

**79%**  
of SINGERS know FRIENDS that they believe would enjoy singing

SINGER VS. NON-SINGERS

**86%**  
of SINGERS have friends they believe want the same life improvements

HOW TO GET STARTED?

**#1**  
Singers believe that singing together or in a choir are the best way to enjoy singing.