



The Studio Sessions

A Six-Week Mentoring and Creative Development Programme for Vulnerable Young People.

E-mail

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Who We Are.



Instinctive Behaviour is a creative collective and professional music studio that blends art, culture, and education to create meaningful opportunities for young people. Major, founder of Instinctive Behaviour, has worked in the music industry for over 30 years, collaborating with artists such as Amy Winehouse, Clive Davis, Jazzie B (Soul II Soul), Beverley Knight, Siera, Madi Mai, Damage, Howie B, Tricky, and Madness.

Alongside his artistic career, Major has been a dedicated foster carer for over 12 years, specialising as a therapeutic foster carer. He has extensive experience supporting young people with autism, social and emotional needs, challenging behaviours, and trauma-related barriers. His background includes working in an SEN school, where he supported students with complex needs, emotional regulation, and behaviour management.

Major also mentors young people involved in or vulnerable to gang affiliation, providing guidance, positive male role modelling, and safe, structured pathways away from risk and towards creativity, confidence, and stability. Through Instinctive Behaviour, Major brings together his professional creativity, trauma-informed caregiving, and youth development experience to create a safe, empowering space where young people can discover their voice.





Our mission is to use  music as a therapeutic tool and a bridge that helps young people explore  creativity, build confidence, connections, emotional expression, and belonging.

Through hands-on studio experiences and mentorship, we support  young people in discovering new skills and using creativity to express themselves in a safe space.



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What Are The Studio Sessions?

The Studio Sessions is a six-week, creative development and mentoring programme delivered at the Instinctive Behaviour studio. At Instinctive Behaviour, music becomes a mirror, helping young people explore who they are, what they feel and how to turn their experiences into art.



Why Music Works



Music reaches places that words often cannot. It helps young people:

01.



Express complex feelings and emotions

02.



Reduce stress and anxiety

03.



Build connection and trust through rhythm and sound.

04.



Experience pride and ownership

Research shows that:

05.



Making music increases dopamine and reduces anxiety

06.



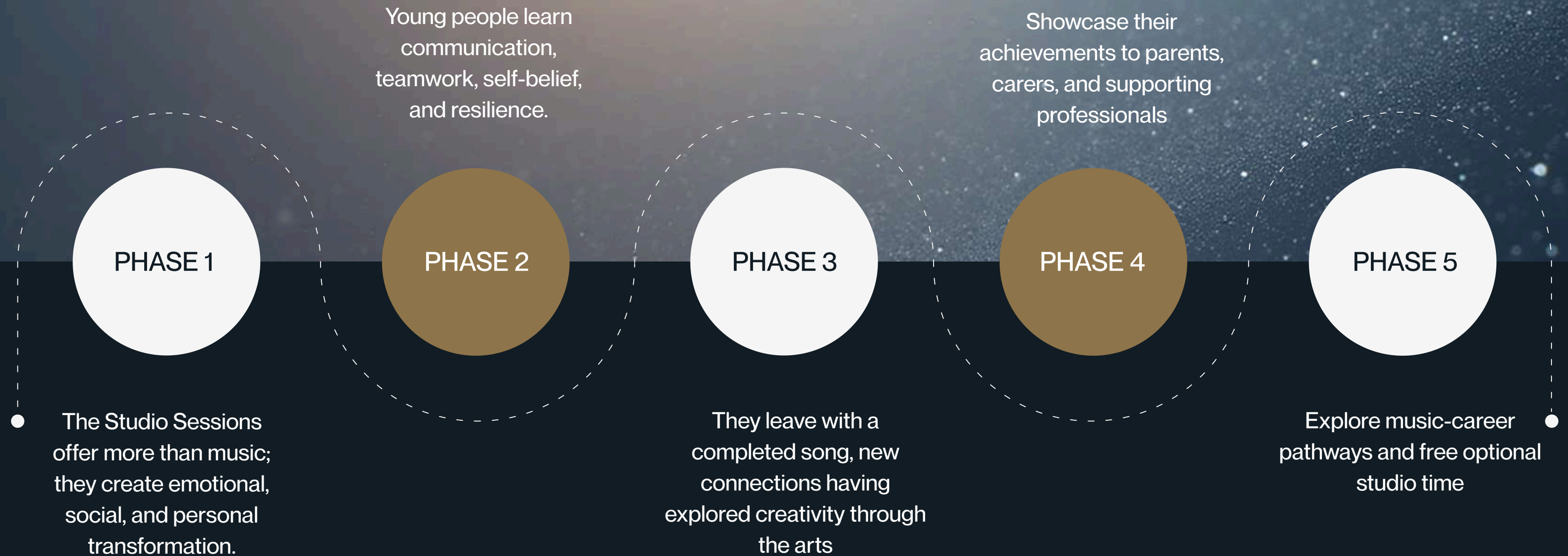
Group songwriting builds social bonds and confidence

07.



Creative expression improves self-awareness and focus

The Journey.



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Who It's For

Our program serves two age cohorts aged 13–17 and 18-21.

- For those in care or leaving care
- For young people at risk of exploitation and serious youth violence
- For those not in education or at risk of exclusion
- For young people needing a safe, creative, supportive environment
- No musical experience required only willingness to take part.



Programme Includes



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 | 01.

Six full-day sessions
(10am–4pm)

 | 02.

Small group size (up to 6
children or young people)

 | 03.

Songwriting, production
and recording

 | 04.

Team-building and
confidence-building activities

 | 05.

Lunch and refreshments

 | 06.

Final reflection and
listening session

 | 07.

Live showcase for parents and
carers and supporting
professionals

Programme Breakdown



Day 01.

A relaxed day focused on breaking the ice and building trust. We will sit down together over lunch, talk, listen and explore ideas that matter to the group and the music that shaped us.

Outcome: Build trust and define shared creative direction.

Day 02.

Songwriting & Production
The Instinctive Behaviour team will introduce the basics of songwriting and music production, exploring how stories and emotions can be turned into sound. The group will begin shaping the songs core idea.

Outcome: Establish the concept and direction of the song.

Day 03.

Writing and Expression
We turn conversations and emotions into lyrics. Guided writing sessions to help participants find words that match their story. The group will experiment with rhythm, melody and structure.

Outcome: Complete lyrics and song structure.

Day 04.

Recording and Collaboration
Participants record vocals and spoken elements taking turns to engineer, perform and support each other.

Outcome: Capture main recordings.

Day 05.

- Instagram
- TikTok
- YouTube
- Facebook

Outcome: Create social media accounts to support the project

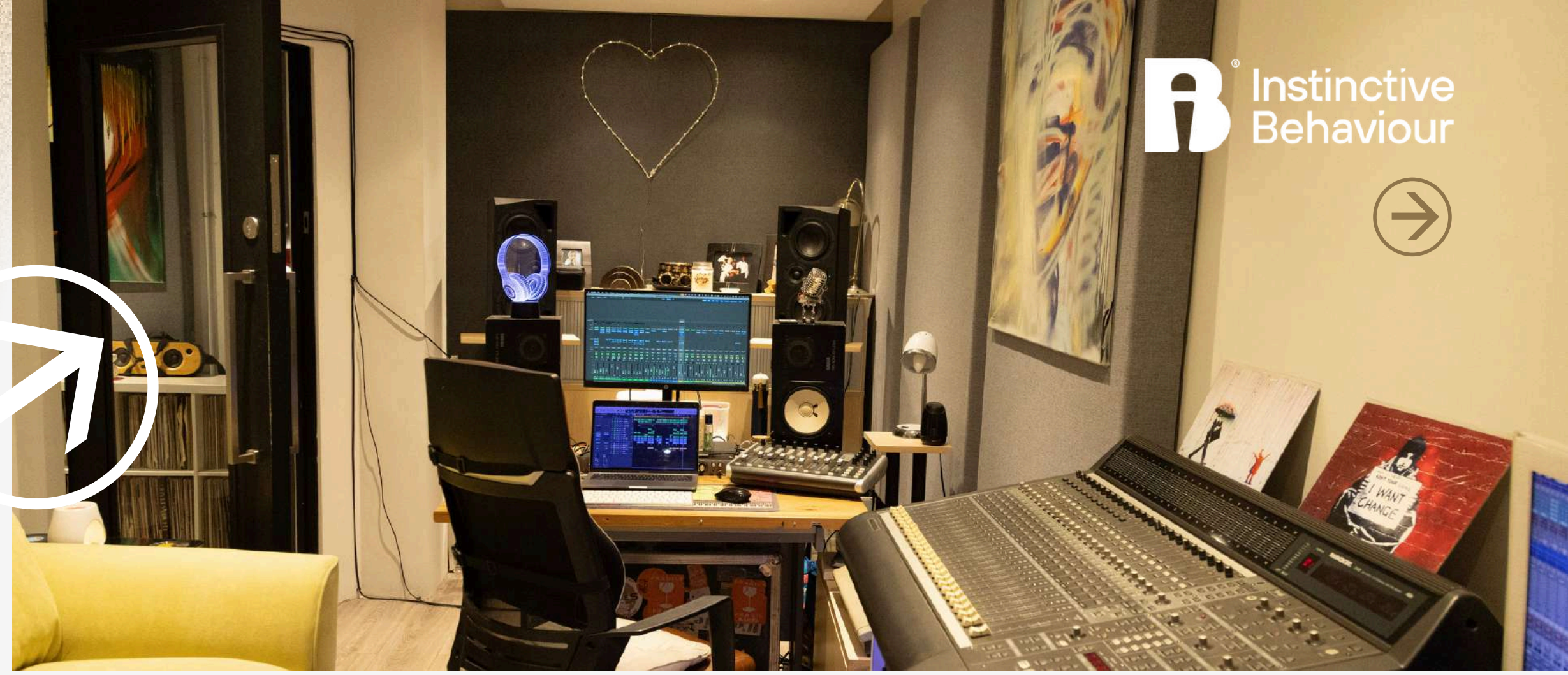
Day 06.

Showcase and Reflection
Group listening of song, discussion, and celebration.

Outcome: Recognise growth and achievement.

Funding And Support

Funding And Support



Instinctive Behaviour partners with councils, schools, care teams, and community services committed to supporting vulnerable young people through creativity.

Instinctive Behaviour provides:

- ➔ Full creative facilitation and mentoring
- ➔ Studio space, equipment, and materials
- ➔ Specialist workshops
- ➔ Food and refreshments
- ➔ Evaluation and end-of-programme
- ➔ reflection

Partner organisations provide:

- ➔ Partner Transport support
- ➔ Referrals, and consent

Goal: To offer ongoing creative intervention programmes throughout the year, ensuring sustained support and high-quality outcomes for every group, and consent

Our environment

Our Space

A safe, welcoming environment where music becomes a therapeutic tool. It's a place designed to inspire creativity, build confidence, and support emotional expression.



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Outreach Method

Outreach method



If you're unable to visit our studio, we bring the experience to you. Your space, our studio.

We offer a fully equipped mobile recording facility, delivered directly to your location and designed to provide the same high-quality, professional experience, transforming any space into a fully functional music studio.

This ensures every student has the opportunity to participate, regardless of any barriers.

Contact Us



Get In Touch With Us

For further discussion about making a referral, the programme, or upcoming dates, please contact us.



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