

popular and empowering team building events



team building



ask for a copy of our Team Building and Entertainment DVD

Many major progressive companies recognize InRhythm as offering some of the most empowering team building events they have experienced.

It's an opportunity for companies and teams to experience a very real connection or sense of community in an incredibly exciting and joyous way!

We guide our clients beyond their individual and collective minds to their FEELING CENTRE ... where the secret to a successful team lies.

Our events can vary from a 10-minute refresher to a one-hour session, a full day program to a regular weekly team building program.

We operate in Australia and Asia Wide.

Team Building Programs include:

1. The Drumming Experience
2. The Body Percussion Experience
3. Interactive Performances
4. Drum Making





1. The Drumming Experience

Relax, ground, connect, inspire, realise.

• Relaxation / Grounding

The team is led through a short series of simple and accessible breathing and stretching exercises to relax and centre both the group and the individual. We draw on the powerful techniques of yoga and chi-kung.

The team is then shown a series of simple rhythm exercises to ground and connect. These exercises bring the team into the present moment and “in sync” with each others natural rhythm...a perfect state to approach the drumming experience.



• The Drumming

The delegates enter the drumming area to find an African tribal drum in front of their seats. We can vary the session to include a variety of percussive instruments including bells, shakers, sticks and hand-claps.

With a fully experienced InRhythm facilitator as their guide the tribe then embarks on a rhythmical journey where they explore the potential and the boundaries of each other and the tribe at large. Using the medium of the drum we leave the thinking mind, break away all barriers, refresh the body and are ready to communicate in a completely new and very effective way.

The team will experience the power of the elements necessary for making great music (and business) in harmony:

1. The common pulse. (Of primary importance)
2. Listening to each other.
3. Working together.
4. Individual expression with support from the group.
5. The importance of following the chief or leader.



This is achieved by using an array of exciting techniques and conducting a “jam” where sub groups play simple rhythms that interlock with each other in such a way as to create beautiful and intricate patterns.

The “jam” builds to a fast pace bringing the energy of the group to unexpected heights and ending in an awesome crescendo of rolling drums. The tribe is now unified, inspired, relaxed and open to each other for the remainder of the event... and into the workplace.



2. The Body Percussion Experience

Relax, ground, connect, inspire, realise.

Body percussion involves people using different parts of their body to create rhythms that syncopate with other peoples rhythms to create an exciting and energizing experience!

A common pulse and connection is created by everyone simultaneously foot stomping to a common beat. Once this is established the “tribe” will be shown a series of simple body percussion “moves”. The group will then be divided into sub groups where more complex rhythms will be created by joining the simple rhythms (same as building blocks...one rhythm on top of the other – as with drumming)

There can be many rhythmic variations and dynamics within the session. We build to a state of solid connection within the group. Once we become loose and free with our bodies amazing things will happen. Always an unforgettable experience!





3. Interactive Performances

Where the audience become the performers!

Interactive performances are the perfect solution when you require entertainment and team building at the one event! If you wish to bring your team together in a fun and relaxed atmosphere on one hand but also need to incorporate an element of team bonding, then an interactive performance is the way. It's a smart yet casual approach to a "celebration" type event.

We have performance pieces that have ample space for interaction with any type and size of audience.

We can incorporate participation to whatever level desired...from simple rhythmic clapping to full involvement on drums, percussion and chanting!

A sure fire way to ignite your event and leave a very long lasting impression!

Optional Open Discussion Included in all team building events

At the conclusion of the event the team is in the perfect state to discuss and share their individual and group experience. This is extremely powerful as the team first-hand realises the healthy connection they have had with the team. Some themes that re-occur in discussions are listed below.

- Solid foundation
- Listening
- Direct, simple communication
- Whole is greater than sum of the parts
- The flavour of the group is made of each individual
- Relaxing state/ released tension
- Encourages growth/change/creativity
- Just feels fantastic
- Brings people together
- Is easy and fun
- Acts as the ideal refresher in a corporate scene
- Creates a lasting impression
- Shows that everyone is equal
- Encourages people to grow and accept change
- Encourages people to lead
- Encourages people to support each other
- Encourages people to communicate with each other
- Encourages loyalty within an organisation
- Encourages trust and respect
- Breaks down barriers that hinder growth
- Motivates people into action
- Enhances creative thinking...logic and lateral working together
- Changes the way people perceive each other and themselves
- Recognises the value of the individual
- Recognises and celebrates that everyone is unique
- Recognises the crucial role of each individual
- Creates awareness
- Enhances listening skills
- Builds confidence
- Promotes co-operation and healthy competition



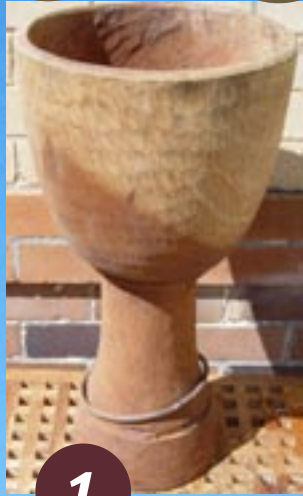
“bloody fantastic”

Warner Music

Create your very own African Djembe



drum making



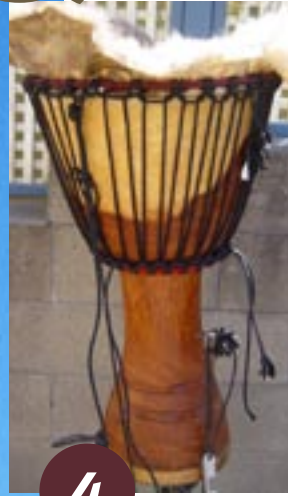
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2



3



4



5



your
very own
drum

Making your own genuine African Djembe drum is a truly rewarding experience!

It's very meditative and "hands on" from start to completion.

You will take a raw drum shell from West Africa and be closely guided through all the stages of finishing, roping, skinning and decorating, adding your own unique energy creativity and design along the way... a truly rewarding experience!

We design courses to suit ... from a two hour workshop through to a complete 2 day event... it's up to you!

Pricing

Pricing is determined upon request. Pricing varies depending on the nature of the event, logistics, location etc...

Working with you

We create events by listening to you... your objectives, desired outcome, timetable, budget and go beyond your expectations.

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