



# Group drumming for team building & workplace events

## Why drumming works for teams ?

### BREAK ROUTINE, BUILD REAL RHYTHM

Group drumming is a high-energy, hands-on experience that builds trust, connection, and alignment — no musical skills required.

- Breaks down barriers
- Builds trust and alignment
- Encourages deep listening and collaboration
- Perfect for mixed teams, remote teams, and leadership groups



## Who is it for ?

### TAILORED TO YOUR TEAM

- Team offsites & retreats
- Company away days
- Departmental bonding
- Hybrid team reconnection
- Mental Health and wellbeing weeks

## Styles & formats

### TAILORED TO FIT YOUR EVENT

**Dynamic drum ensembles** - High-energy, full-volume drumming.

**Relaxed drum circles** - Calmer, mindful focused on wellbeing and inclusion.

All available as:

- Quick Boosts (30-45 min)
- Team Experiences (60-90 min)
- Pop-up Drumming Zones(larger events)

## Feel the impact

### IMMEDIATE BENEFITS

- Team Cohesion
- Communication
- Morale & Energy
- Creative Thinking
- Trust & Safety

## Business for good

### WHY WORK WITH US?

We are a **not-for-profit** organisation. Your commercial booking helps fund our community projects, including:

- Free community drumming workshops
- Mental health & social inclusion projects
- Projects for older people & isolated adults

**READY TO BRING RHYTHM INTO YOUR WORKPLACE ?**

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