



# AUSTRALIAN SCHOOL OF PERFORMING ARTS Christmas Carols Workshop



## *Looking for a different way to share some Christmas cheer with your team?*

A fun and festive Christmas Carols Workshop with ASPA is the perfect addition to your end of year Christmas Party or Friday Night Drinks.

Our workshops enable people to connect, communicate and co-operate with each other in a unique and powerful way. Research shows that singing together leads to increased energy and team morale as well as improved health and wellbeing.

## **Our 90 minute workshop costs \$350 (+GST) and includes:**

- Vocal and physical warm ups
- Christmas Carols sing-a-long including traditional favourites
- Learning a new Christmas song together
- No limit on number of participants

## **What are the benefits of singing together?**

- Fosters relationships and communication between employees.
- Participants develop transferable skills such as improved listening, auditory recall, breath control and team work.
- It literally changes the brains of participants by lowering stress, relieving anxiety and elevating their mood, leading to greater well-being in the workplace.
- Leads participants to have improved confidence, creative thinking and a willingness to take risks and try new things.

*"Singing - just for the fun of it. Oh simply wow! Goosebumps and awesomeness. Loved it!"*

*Alan Wedesweiler - Nourish2Thrive Conference*

ASPA has over 30 years of experience delivering exceptional performing arts education and training in a variety of settings. Our team is made up of outstanding facilitators, instructors, educators and performers who have a wealth of experience in delivering interactive workshops that stimulate creativity, foster team-work and deliver outstanding results.

**Contact us today to receive a tailored workshop quote.**

P 03 9001 1349

E [kmacleod@aspagroup.com.au](mailto:kmacleod@aspagroup.com.au)

