



# AUSTRALIAN SCHOOL OF PERFORMING ARTS

## Corporate Team Building

Our workshops enable people to connect, communicate and co-operate with each other in a unique and powerful way. Your team members will experience a shared sense of triumph, leading to increased energy and team morale as well as improved health and wellbeing.

### Our workshops include:

- Rhythmic body percussion
- Team building exercises
- Vocal call and response activities
- Group singing

### What are the benefits?

- 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.

### At your conference or in your workplace



**Inspire, uplift and get the creativity flowing!**

We can kick off your conference or inject some energy to any work day with our entertaining, inclusive and interactive presentations.

*"I really enjoyed it, it pushed me out of my comfort zone, in a safe space."*

*Tess Dinale - Life Without Barriers*

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.**

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