



TEAM BUILDING

RHYTHM & PERCUSSION

TEAM BUILDING

Team Building is a work philosophy where participants are seen as members of interrelated groups and not only as individual members. Team Building consists of a set of dynamics aimed at understanding how these groups function and behave.

Why Team Building?

- It improves interpersonal relationships within the company.
- It helps groups improve their internal cohesion.
- Promotes training and integration of the human resources from a dynamic approach.
- Promotes individual and group communication and confidence.
- Strengthens cooperation, tolerance and respect.
- Promotes, develops and improves leadership attitudes.
- Increases creativity and flexible thinking.
- Encourages experiential learning.
- Increases flexibility in the achievement of skills and abilities.
- Improves overall group performance in fun and relaxed environments.
- Improves productivity compared to other groups where members only act as individuals.
- Increases innovation and competitiveness of organisations.

TEAM BUILDING RHYTHM & PERCUSSION – INNOVATION

Team Building activities favor the development of certain abilities as innovation and creativity.

- Allows the improvement of innovation when performing an activity that it's out of our everyday life where participants will have to innovate with both, materials and how to make them sound.
- Favor the innovation when using non traditional instruments.
- Improves creativity when performing rhythms and needing to coordinate those moves collectively.
- Increases innovation when doing percusión and rhythm that later will be transferred to other areas.
- Provide space to work on prioritizing actions and goals and to keep the team focused.
- Values promoted by this experience: collaboration, playful, team work, empathy, responsibility, creativity, improvisation, learn by doing and artistic spirit.
- With these activities we will always create new things.



Rhythm & Percussion:

A personalized percussion experience where we learn while having fun with games that integrate rhythm and percussion. Everyone can do it, the honorees free themselves, play and learn to align the body with the rhythm through learning various percussion techniques

Mechanics:

Moment 1: Presentation of the team of musical and artistic coordinators. As a first activity we make music with our body, voice and ice-breaking games. This first activity already allows us to get to know each other a little more with the aim that when working in groups we can do it in a coordinated and consolidated way, understanding that the work of one has an impact on the work of all.

Moment 2: Next, we dance with sticks, an activity to loosen the body even more, connect it with the rhythm and deepen the connection within the group. Innovation and creativity appear here. Being able to bring into the scene each person's ability with an instrument and the way to use it together will not be an easy task for the songs to sound harmoniously.

Moment 3: We innovate and put together a Banquet of percussion and songs with elements: tubes, sound bags, sticks and everyday elements, learning percussion bases and melodies, achieving a great percussion ensemble where the notions of listening and work are fundamental as a team, to achieve sound harmony.

Feedback & Final farewell

A coach specialized in the subject will briefly comment on your experiences, your feelings, strengths and weaknesses as a group. Group feedback helps participants understand their behaviors, emotions and aspects to improve. At the same time, it is considered how they can apply this to other areas of life and especially in the workplace. A sensational activity to enjoy, learn and innovate both individually and in groups.



CONTACT:

+598 95 157 527

teambuildinguy@gmail.com

www.teambuildinguruguay.com