



VOCAL POWER

It's a well known fact that singing gets the blood pumping! A good tune, belted out with gusto creates endorphins and a feel good good factor not dissimilar to eating chocolate or other activities (ahem!)

Working with our professional musical facilitators we use singing and music combined with high energy facilitation and a few dance moves to break down barriers and empower delegates.

We take delegates on a high speed journey from possibly 'out of their comfort zone' to full on 'show choir stardom'.

Safety in numbers means that no one is in the spotlight and whilst there are the 'mumblers' and the 'belters' - its is the sound of the whole group in harmony that really makes this unique.



DURATION:

20 minutes – 3 hours

THEMES:

Set energy, open receptors, motivation, wake up, wellbeing, focus, energy, breathing, mindfulness, balance

ENVIRONMENT:

Indoor, outdoor, seated, standing, at desk, in conference

FUNCTION:

Energiser, meeting break, team building

