



UpBeat Drum Circles
www.ubdrumcircles.com



**Team Building:
 UnBound Sound™**

"Drum Circles capture the cadence of the new economy while shaking up traditional notions about teambuilding."

M. Kathleen Pratt, FastCompany.com

UnBound Sound uses the metaphor of music to strengthen a team's connection, build morale, and assist them in reaching their highest creative potential.

UnBound Sound does not require teams to climb up ropes or blindfolded each other. We present a different kind of challenge, asking participants to take creative risks, connect on a human level, and be expressive. Simply put, we inspire teams to "go for it" within the context of maintaining their connection to one another. There is less focus on individual challenges, and more focus on the whole team – the collective beat that is created by everyone's voice.

UnBound Sound is not about learning to play the drums or acquiring musical technique. In fact, prior musical experience is not necessary. You don't even have to own a drum. We provide all the drums and world percussion instruments needed for your team.

<p>Results you can expect:</p> <ul style="list-style-type: none"> • Increase staff morale • Infuse creativity • Increase workplace satisfaction • Improve employee loyalty • Defy language barriers • Bridge age gaps in an organization 	<p>Applications:</p> <ul style="list-style-type: none"> • Team Retreats • Sales Meetings • Campaign Launches • Corporate Celebrations • Staff Training
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Praise

"Drumming melts our inhibitions, allowing EVERYONE to experience their true inner freedom - in ways even the Net cannot achieve."

-Jeff Petterson, CEO, Dupont E-Commerce.

"This unique approach was an excellent way to foster change, increase camaraderie and see co-workers in a new light."

-Steve Meadows, Global Business Leader, JM Huber Industrial Group

"We really created a symphony. Everybody was coming together to understand a common goal. The company had one of its best seasons ever.

-Kim Airhart, director of communications for Discovery Consumer Products.

"At Spring Internet World 2001, Christine Stevens helped inspire a downbeat technology community feel the power of rhythm and professional connection through drumming."

-Brad Nye, Executive Director, VIC

UnBound Sound™ Curriculum

**We customize every UnBound Sound program using a selection of our successful UpBeat drumming experiences...*

Body Beat – an ice-breaker activity using body percussion to make people laugh, while addressing roles, flexibility, and leadership.

Shaker Share – an ice-breaker activity using three groups of shakers to examine sub-groups within larger teams, change management issues and discovering the rhythm that is within everyone.

Hidden Resources – an activity using drumming to demonstrate how risk-taking can lead to a wealth of unknown resources within each team member and the overall team.

Tempo Management – an activity designed for teams facing “tempo changes.” Using the metaphor of speeding up or slowing down, we examine and practice a team’s strategy for adjusting to the rhythm of a changing workplace.

Mission Composition – an activity designed for teams re-evaluating their mission statement – both individually and collectively.

Seven Rhythmic Principles for the Corporate Team – an activity that uses the metaphor of rhythm and the experiences of the day to create a list of seven best practices, which are written on a drum head (our version of a clipboard) and left to be displayed in your office.

2 hours Total Program Time*

**Can be customized to fit your program needs. We also provide three and four hour programs which may require additional facilitators.*

For more information, contact

UpBeat Drum Circles

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