



Group Singing Sessions

Length: 1hr. 4 -12 week programs.

Delivery modes: Onsite & Virtual Sessions, Wellness Perks at Team Away Days, Conferences - Breakouts.

Details: A workshop that uses the power of music to boost mental, physical, social and emotional wellbeing. A one hour session takes you through some vocal warm-up exercises, group harmonies and two song practices. The session culminates in a wonderful finale that will leave participants feeling invigorated.

Numerous studies concur that much elation is to be derived from the act of singing. This could be from the endorphins said to be released during this act; or indeed from the release of the feel good chemical – serotonin. Elation may also occur because of the release of oxytocin – known as the social bonding hormone. When combined, these can do wonders for emotional and social wellbeing – helping to reduce anxiety, isolation and depression.

The deep breathing element of this uplifting session, makes it a great initiative for stress relief. Group singing is said to increase a sense of belonging – thus boosting social wellbeing. Some studies even suggest that singing may improve sleep quality.

Connect with WORKBLIS to discuss requirements - hi@workblis.com