



Group Ukulele Class

Length: 1hr. 4-12 week program.

Delivery modes: Onsite & Virtual Classes. A ukulele is a pre-requisite for virtual sessions.

Details: Increase social, emotional and mental wellbeing with this music-based stress intervention.

A great session for wellbeing weeks. The facilitator comes equipped with required number of ukuleles for onsite sessions.

Within the hour, participants learn some basic chords and strumming techniques. At the end of the class, they should be able to play and sing along to a song or two.

This is a gentle and beautiful team bonding session with the potential to build strong connections, and create wonderful shared memories.

A 4-12 week program builds confidence, and deepens knowledge of the instrument.

Benefits include:

- Boosts cognitive health
- Has the ability to strengthen employee relations
- Improves general physiological and psychological wellbeing.

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