



Drumming Workshop

Length: 1hr

Delivery modes: Onsite Session, Team Building, Conferences - Breakouts / Ice breakers / Energy Boosters.

Details: This is a great session for an Energy Boost, Team Building, and Emotional Wellbeing. It's fun, and provides a practical experience of 'Team Work Makes The Dream Work'.

Drumming is also said to be great for Mental Wellbeing, as it helps reduce depression and isolation - Working As One, Working In Rhythm.

WORKBLISS drumming workshops use a variety of percussive instruments to unite groups in the power of rhythm. Drumming holds numerous benefits for mental health, including:

- Stress Relief
- Release of pent-up negative energy and emotional trauma
- Social connectedness

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