

## Bringing Folk Together

This package will focus on the development of the following areas:

- Team work
- Communication
- Creativity
- Problem solving
- Morale boosting
- Trust building

**Course Practitioner:**  
**Liam Robinson**



The Ceilidh in a Day team building exercise will begin with participants learning about traditional folk dances and putting into practice structure, timings and routines. Participants will have great fun mastering traditional British Isles folk dances including Longways, Circle and Square sequences.

After some initial practicing of dance techniques and lots of laughter, participants will be challenged to create new dances working with some of the moves they learnt at the beginning of the session. Focusing on teamwork,

the course will encourage participants to work in groups to devise routines and then communicate these routines to the group as a whole.

Using their creative thinking, teams will be asked to devise their own dance moves and incorporate these into the routine mentioned previously. Following on from this stage, participants will be provided with wooden swords and then taught the traditional North of England Longsword Dance. Participants will then be asked to follow the same process as before working in teams to devise a new dance routine

incorporating traditional techniques and creating new ones, resulting in a finished routine to then communicate to the rest of the group.

All participants will be given the same tasks ensuring that job roles and positions are all equal throughout this process. This package is suitable for all organisations looking to create a cohesive working team and improve communications techniques. Companies with strong historical and British backgrounds tend to be drawn to this course.