

Warble While You Work

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

- Team work
- Confidence & morale boosting
- Creativity
- Healthy competition
- Trust building

**Course Practitioners:
Jo Freya & Frank Kelly**



Britain's Got Talent, Gareth Malone's BBC programme 'Sing while you Work' and 'The Choir', have all contributed to the rising popularity of choral singing. Throughout the course of this corporate team building exercise, Jo and Frank focus on encouraging trust and teamwork within your group of employees. The workshops involve the group as a whole and they are taught how to sing in harmony as a choir. The workshop has been developed to ensure participants quickly grasp songs and sing in harmony in a very short space of time. Participants need not have, or believe themselves to have and singing

skills, in fact, this is the norm. Singing is an area where many people lack confidence, the speed at what they achieve in a short space of time (a great sound) is a huge confidence and morale booster. Jo and Frank encourage healthy competition between each section of the choir but also focuses on creating an environment where everyone feels as though they are an integral part of the team (choir) regardless of their role (vocal range) as everyone is working towards a common goal. This builds group trust and creates a feel good factor that comes from participating in creative exercises. Depending on workshop

timescales these sessions can be further developed to encourage participants to have an input into the choral arrangements. Some sessions have left participants feeling so relaxed with one another that a few have been finished off with an impromptu 'sing, say or play', where participants perform for each other and surprise colleagues with their hidden talents. Both Jo and Frank have the innate ability to put participants at ease during these workshops whilst creating a fun atmosphere that involves a lot of hilarity and laughter.