



**“The drumming was exhilarating and a unique experience. The combination of focus and rhythm made it very relaxing too. It was powerful too and great as a group experience.”**

Team connectivity and employee wellbeing are essential for business success. Communication challenges, complex problem-solving, and competing priorities can test even the most resilient teams.

A drum circle offers a dynamic activity that promotes connectivity and teamwork through a shared rhythm. The group sits in a circle, each participant with a drum or percussion instrument, and through guided facilitation, they engage in a rhythm-based exercise that builds synergy and connection. Unlike traditional team-building exercises focused on strategy or physical tasks, a drum circle emphasises creative collaboration.



**What are the benefits of holding a drum circle for your group/team event?**

Whether you’re looking for a sense of connection, fun, or something creative and different, A drum circle offers numerous benefits, enhancing team dynamics through rhythm and collaboration:

<p><b>Team connection benefits:</b></p> <ul style="list-style-type: none"> <li>▪ Non-verbal Communication</li> <li>▪ Equality in the Circle</li> <li>▪ Collaboration through Rhythm</li> <li>▪ Creative Problem-Solving</li> </ul>	<p><b>Physical and Emotional benefits:</b></p> <ul style="list-style-type: none"> <li>▪ Physical Exercise</li> <li>▪ Emotional Release</li> <li>▪ Mood boost</li> </ul>	<p><b>Psychological Benefits:</b></p> <ul style="list-style-type: none"> <li>▪ Stress Reduction</li> <li>▪ Increased Presence and Focus</li> <li>▪ Enhanced Trust and Communication</li> </ul>
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Each team drum circle is tailored to the needs of the team. As an accredited team coach with over ten years of experience, I blend a mix of my drum circle facilitator skills and team coaching knowledge and experience to provide your team with a focus and vision for their circle that aligns with your business.

Each circle is £300 for a 2-hour session for up to 20 participants.

Contact me [here](#) to arrange a free no obligation discussion about how I can support your next team event.

Full details can be found on my website: [www.enkindlelifecoaching.com/teamdrumcircles](http://www.enkindlelifecoaching.com/teamdrumcircles)

