

DIDGERIDOO

AUSTRALIA



Aboriginal Cultural Experiences

ENTERTAIN, EDUCATE, INSPIRE!

CORPORATE



Increase workplace morale and productivity at your next corporate event with relaxed, fun-filled Didgeridoo programs that encourage group participation and synergies. We can customise programs to address specific areas.

The Didgeridoo's unique sound helps break down social barriers, allowing participants to work together in harmony. The breathing required to play is proven to relieve stress and increase focus.

Our Didgeridoo programs are ideal for conferences, seminars, training programs, leadership events, stress management workshops, social events, anything!

Corporate Didgeridoo

We have put a few short fun-filled Didgeridoo programs together for your next corporate event in order to increase the productivity in your workplace. We can also create any customised program for you to address specific areas as required.

All of our corporate programs are creating a relaxed atmosphere and are inspiring group participation and synergies. The format of our programs and the sound of the Didgeridoo are breaking down social barriers and allows all participants to work together harmoniously and effectively.

The physical activity around playing the Didgeridoo, and here especially the breathing, is an excellent tool to reduce stress and improve focus.

Why use the Didgeridoo at corporate events?

Firstly, Didgeridoo playing is a lot of fun and a great ice breaker.

But it also:

- > Leads to stress release and relaxation
- > Increases concentration and focus
- > Helps building and strengthening relationships
- > Can be a tool to communicate your company vision
- > Can assist with organisational change



When to introduce the Didgeridoo to corporate events:

- > Conferences
- > Seminars
- > Training programs
- > Leadership events
- > Stress management programs
- > Social events
- > Anytime!

Corporate Didgeridoo programs

We can customise your very own program to ensure that it will deliver the desired outcome and get your team all fired up! Please look at our most popular programs below as examples and contact us to discuss any additional / other requirements.

> The Entertainer

This is a live music program that can be as short as 30 minutes or as long as 1.5 hours – great for social events!

The main purpose of this program is to entertain and to inspire your staff – the Didgeridoo is an amazing and powerful instrument that can be played in a number of styles, from traditional to contemporary - mixed with dance beats, or even accompanied by traditional song and dance!

Optional:

- > Aboriginal song
- > Aboriginal dance
- > Aboriginal dance troupe

> The Energiser

Simple Didgeridoo playing techniques are taught here to get all team members from their seats and create the powerful sound of the instrument.

All players will then accompany each other with different sounds to create a rhythm.

The fun involved here, the sounds of the Didgeridoo and the breathing involved will ensure that any fatigue is literally 'blasted away' and that energy levels are elevated to a new high!

Duration: 45 minutes

Outcome: Enthusiastic, happy and refreshed participants with loads of energy for the rest of the day!

Examples when to use: Whenever an energy 'kick-start' is needed: After lunch at seminars and conferences, after long presentations or at the beginning of events!



> **The Power of One**

This program is focussing on various aspects of working together and listening to one another. The participants will warm-up with a fun-filled introduction to the basic drone of the Didgeridoo.

In teams, they will then explore a number of techniques to create sounds and rhythms.

The teams will finally work together to arrange a multi-layer rhythm that illustrates the power of cooperation and group synergy.

Duration: 90 minutes

Outcome: Increased self-esteem, group bonding, better understanding and application of teamwork and leadership, energised participants

Examples when to use: Team-building events, conferences

> **The Didge Out**

This extended corporate package has been designed to teach participants to play the Didgeridoo over six consecutive weeks.

Participants will learn circular breathing and deep diaphragm breathing techniques, both key aspects contributing to the relaxation and wellbeing effects of the Didgeridoo. They will also learn techniques for creating inflections to the fundamental sound, and for making 'animal calls'.

With circular breathing the participant will be able to play continuously for minutes. Managing to circular breathe for the first time is one of the most rewarding moments for any Didgeridoo player and helps to explore the full potential of this great instrument!

Duration: 6 x 60 minutes (weekly)

Outcome: Demystified circular breathing, maximised health benefits and enjoyment resulting from playing the Didgeridoo, prolonged positive effect of Didgeridoo playing over several weeks, increased self-esteem, group bonding, energised participants.

Examples when to use: In a regular work environment, as a special social activity to improve health and wellbeing of your staff

If you have any other requirements at your organisation, please contact us!

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