



Stomp/Drum workshop

Now it is time to release some positive energy together with your colleagues!

Our STOMP / drum workshop gives you the chance to participate in a fun and different experience which creates a good atmosphere, alternative ways of communication and new social relations. The event can be used as part of a conference, a teambuilding exercise or as a festive touch to a company party. And everyone can participate!

You decide how much time you would like to spend on the activity. Anything between ½ hour and an entire day is possible. It is up to you to decide if everyone is going to play on a drum. Alternatively you could use your conference materials and other accessories from the conference room in order to get into the right mood. And of course it is also possible to use more "traditional" STOMP tools such as brooms, buckets, rain barrels and newspapers.

You start out with some common warm-up exercises. Afterwards it is time to find your drummer within. It is possible to participate as individuals or divide the participants into smaller groups. The goal is to end up with a common rhythmic experience when the day is over.

The day could end with a great show where the participating groups challenge each other in a drum or STOMP battle. After the show, the participants give their votes in different categories such as: rhythm, team work, interpretation and choreography.

It will be an entertaining, inspiring and challenging process – with a vibrant and rhythmic result.