

# HARMONICA HARMONY

A high energy experience, that literally, blows away perceived limitations to prove that with teamwork, good communication and belief, anything is possible.

## How it works

Following a harmonica demonstration from facilitators, participants are guided through breathing exercises and the basic techniques for playing the harmonica. The exercise picks up speed participants become more familiar with their instrument and increasingly proficient. Soon they are playing together as one and are chugging away with the infectious rhythms of harmonica tunes. By the time they hit the buffers the team will be energised ,exhilarated and united in their collective achievement.

## Learning outcomes

Harmonica Harmony is a fun and motivating highly engaging and rewarding team exercise. It stretches individual's personal limits, opening their minds to positivity and possibility. The collective achievement of jamming music together unites teams, enhancing team dynamics in a unique and compelling way. The use of music is a proven way of opening brain pathways for developing creative thinking, innovation and lateral problem solving.

## Key business benefits

- ✧ Challenges personal limits
- ✧ Focuses the mind
- ✧ Creates a positive attitude
- ✧ Promotes creative thinking
- ✧ Enhances team dynamics



24-480



Indoors



15-30 minutes



Collaborative

