

SingImTeam

The harmonious concept for successful cooperation

Singing?

Yes, singing! Singing is a natural human instinct. Just watch carefree children who unconcernedly sing to themselves while playing. Remember those thrilling moments when the whole of a football stadium breaks into song to cheer their club. Or think of yourself when you start your full-throated singing in unobserved moments like in the shower or in the car.

Have you ever had this exciting and invigorating feeling when you are part of a group and create an incredible sound together? It feels like everything in your body starts vibrating and you become one with the universe!

Singing together creates – very naturally – a wonderful feeling of togetherness and harmony that is hard to achieve otherwise.

Experience how your team members start to feel empathy for each other, harmonize with each other and grow together within only a few hours. I'm happy to support you with a workshop individually adapted for your particular situation.

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My Motivation

My experience with different teams and groups shows me how much singing together unites people on an emotional level.

Our brain has no say in the matter, for we sing with our hearts and our instincts. And that's exactly why it works!

Sounds good?
Then I'm looking forward to receiving your phone call or email!



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Teambuilding by Singing

Strike the right note with your colleagues and see to a harmonious atmosphere in your team...

**with
Barbara Roberts**



"Since you have to match concerning volume, tempo and pitch, singing creates a feeling of togetherness that can be compared to that of an orchestra or even of some team sport."

Thomas Blank, sociologist at Bielefeld university

Your Benefits

- ♪ **Presence** – be heard and make yourself heard
- ♪ **Empathy** – first listen closely and then strike the right note
- ♪ **Team spirit** – harmonize with each other and thus create a bond
- ♪ **Health** – breathe deeply and provide all organs with fresh oxygen
- ♪ **Relaxation** – reduce stress and strengthen your body, mind and spirit
- ♪ **High spirits** – increase your enthusiasm and optimism by released endorphins
- ♪ **Success** – with a common goal differences become a minor matter

"Singing increases your concentration, reduces pain, stress and depressions. After 20 minutes of singing the brain produces chemical messengers that have a positive influence on body and soul processes."

Karl Adamek, musical psychologist

Tailor-made Workshops

- ♪ **SingImTeam Relax**
Evening workshop to wind down
- ♪ **SingImTeam Coaching**
Rehearsal of songs for special occasions
- ♪ **SingImTeam Commitment Act**
Create and rehearse a company song
- ♪ **SingImTeam Activation**
A 45 to 90-minute activation at conferences or company events
- ♪ **SingImTeam Get Together**
A four-hour warm-up workshop with the team
- ♪ **SingImTeam Convent**
Intensive team building in seclusion with an overnight stay and a closing performance (1 to 2 days)

"When someone sings from his soul, he is healing his inner world. When many sing from their souls and are one in the music, they are also healing the outer world."

Yehudi Menuhin, violin virtuoso

Target Groups

- ♪ Companies and divisions
- ♪ Sports teams and clubs
- ♪ Families and friends

Requirements

- ♪ If you can talk, that's enough.
- ♪ You don't have to be able to read music or have any previous singing experience.
- ♪ The workshops are structured in such a way that everybody can easily follow and have fun.
- ♪ Each participant contributes to the success of the whole group.

"Music softens your heart. (...) Yes, very quietly and without applying force music opens the doors to your soul."

Sophie Scholl, resistance fighter