



DRUM
PRODIGY

BEAT & BREATHE

CORPORATE WELLNESS FOR
WORKLIFE BALANCE



Enhancing Team Unity and Well-being with Group Empowerment Drumming

Looking for a way to strengthen your team's bond and promote a healthy, non-strenuous workout? Group empowerment drumming is a great option. Not only does it foster team-building, but it also helps prevent burnout and positively impacts overall well-being and performance of your team members.



@drumprodigySG



We will explore breathing techniques, movement, essential drumming skills, rhythm entrainment, percussion activities. Participants get to discover their own personal rhythm. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others.

Personal Benefits:

- Reduced Burnout Rates
- Stress Reduction & Relaxation
- Interpersonal Support and Bonding
- Creative Musical Expression
- Strengthened Immune System
- A Connection to the inner rhythm and self awareness

Company Benefits:

- Increased Employee Satisfaction and Morale
- Improved Teamwork and Collaboration
- Enhanced Creativity and Innovation
- Boosted Productivity and Efficiency
- Reduced Absenteeism and Turnover Rates
- Improved Customer Service and Satisfaction

Companies can create a positive and energising environment that promotes physical and mental well-being. It provides an opportunity for employees to take a break from their daily routine and engage in a fun and creative activity that also promotes communication and teamwork. As a result, companies can expect to see a significant improvement in the overall performance and satisfaction of their employees, leading to a more successful and thriving business.



FORMAT OPTIONS

- Short form: Workshop style 1 - 2 days or 5 sessions
- Long form: Retreat

CUSTOMISED PROGRAMMES

Programme can be customised to your needs.

ABOUT US

Drum Prodigy Singapore Pte Ltd is a dynamic arts and social enterprise, dedicated to performing arts, providing music education for people with and without disabilities and inclusive hiring for persons with disabilities.



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Social Enterprise Member of **raiSE**
SINGAPORE



@drumprodigy.sg

REMO health rhythms



Cognitive



Emotional



Social



Physical

Reduce Stress

Improve Mood

Strengthen Immune System

Build Camaraderie

Nurturing – Support

Exercise

Self Expression

Discover your own
personal rhythm

No prior musical experience necessary

Facilitated by



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Reversing **DESTRUCTIVE** powers of Stress

Stress is your body's reaction to situations that are perceived as dangerous or demanding. Research has demonstrated that over time, chronic stress can contribute to numerous health conditions triggered by stress and are likely individualized ... programmed into your DNA.

The **GOOD NEWS** is: there is something **FUN** you can do to help turn off your individualized stress response - and you won't believe your ears when I tell you how... **DRUM!**



Cardiovascular Illness
Depression, Obesity, Diabetes
Cognitive Impairment
Chronic Pain, Drug Abuse

BEAT STRESS with
HealthRHYTHMS®
Group Empowerment Drumming

- Reverse some of the impact of **stress** on your DNA
- Strengthen your Immune system
- Improve your mood
- Increase your creativity
- Develop closer bonding with others

REMO health rhythms

Read Research & Watch Video at remo.com/health



WWW.DRUMPRODIGY.SG

EMAIL: INFO@DRUMPRODIGY.SG

TEL: +65 86615107



@drumprodigy.sg



**DRUM
PRODIGY**

LET'S HEAR FROM OUR PARTICIPANTS

"very interesting experience. Good exercise for my fingers and even back pain"

"Unleashing my inner drummer is awesome!"
"Nailing those rhythms is absolutely stellar!"

"The session allowed us to connect with our primal state, and we were able to express ourselves by listening to the rhythm of everyone. The facilitators were great and helped us to develop a deep connection with the drums"



"I didn't realise our team actually has such a good rhythm!"

"Drumming provided me with the energy and enabled me to express myself within the group."

"First I was scared to drum, but all of you make me feel comfortable"



CONTACT US

TEAM



WWW.DRUMPRODIGY.SG

EMAIL: INFO@DRUMPRODIGY.SG

TEL: +65 86615107



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