



RHYTHM AND PERCUSSION STRESS MANAGEMENT

PRESENTATION AND CONTENT

The aim of this training is to manage stress in the workplace and, ultimately, to prevent from a burn out. Stress is isolating us, putting us in tension and is accentuating sleep disorders. It is counterproductive from all points of view. By proposing a work around rhythm and percussion within a group, participants channel anxiety, regain self-confidence and contribute to the team building.

AREAS OF WORK

During this formation, body, instrumental, and vocal percussions as well as creations are highlighted by a work dedicated to:

- > **Breathing:** synchronize breathing rhythm and heart rate to regain calm.
- > **Independence of the hands:** rhythmic games conducive to the mastery and coordination of gestures (accuracy, regularity).
- > **Concentration:** learning and memorizing rhythms.
- > **Communication:** with the rest of the group in order to play within tempo. Confrontation with respect to listening to each other.
- > **The personal accomplishment:** notion of fun and effort for demoralized persons.
- > **Discovery and initiation to world percussion instruments.**

PEDAGOGICAL OBJECTIVES

It's about getting out of the lock-up, the stress that surrounds us and regaining self-confidence. To this is added an intrinsic work by a work of synchronicity in relation to our body.

AUDIENCE

This training is suggested to company employees or anyone wishing to overcome the harmful effects of stress in their workplace.

DURATION

- 1 day