

Business Events 『Be+』 Unique Service Menu

Category	Team Building	Connected by rhythm - Experience a new team-building program
Field	Music	

Using rhythm and music, the "Training Beat" team-building program enables participants to appreciate organizational structure and their role within a team in an enjoyable atmosphere.

Price (JPY)	250,000	Language	Japanese	Venue	Tokyo area
Capacity	30	Program duration	90 min.		

*Reservation required

"Training Beat" is a program developed using music and rhythm, and incorporating elements of organizational theory and psychology. Using various percussion instruments, forming a circle and using sound and rhythm, people can experience the enjoyment of unity as well as empathy and togetherness. A facilitator combining music and psychology will attempt to raise participants' awareness of and elicit the excitement of experience, self-worth, the beauty of harmony, and the synergy of working together.



【Notes】

- ※Payment required in advance.
- ※Ladies are asked to wear slacks.
- ※Price includes cost of musical instruments.
- ※Please choose venue that permits use of percussion instruments.
- ※Interpreting required (we can provide; additional costs will be incurred)
- ※Venue fees charged separately.

【Schedule (sample)】

- [1] Guidance/introduction of instructor
- [2] "Drum circle method" - all participants will gather in a circle and play drums. Participants will be able to relax during a simple percussion performance and ensemble, and experience camaraderie and empathy.
- [3] "Rhythm method" - shaker activity
- [4] "Drum circle method" - healing drum circle - experience the drum circle from a healthcare perspective
- [5] "Drum Circle Method" closing drum circle - participants change positions and instruments
- [6] "Review" - all participants share their opinions of the program