

Executive Voice

Vocal and Communications Training

Team building



If you are looking for a unique way to challenge employees to work in different ways, and to develop good team work skills, we have the solution to your problems! Activities using music and creativity involve everyone in a positive, energetic and inspired way.

Activities include:

- **Find your 'Inner Divo/Diva'** Singing – World Music, well known songs, rounds, football chants etc. Create a community through group singing. This happens at Twickenham: at football matches – now at your team building event. There are opportunities to lead the group, conduct, lead a smaller group etc. We also record the activity as a memory for you.
- **Body Rhythms** – use different parts of your body to make different sounds – and create music! Samba rhythms and compositions develop from this technique.
- **Drumming** – our experienced drummers lead a group through different drumming techniques, rhythms, beats and compositions. For African Drumming, it is a maximum of 35 participants; world percussion – using percussion instruments from around the world, 75. This has a mixture of African, Samba and its influences, using world wide percussion instruments. This is normally a separate 1 hour team building activity.
- **Comedy** – creating and delivering jokes is a fantastic challenge for most of us. This workshop enables participants to discover their humour – and that of fellow team members. It also develops confidence and a valuable skill for presentations, meetings and public speaking engagements. Participants deliver jokes and funny stories – champagne to the funniest! DVD recordings are offered as part of the package.
- **Percussion** – the group play percussion instruments and glockenspiels to create a range of rhythmic compositions. Opportunities to lead and direct the group, and to form smaller groups to develop musical interactions.
- **Samba** – developing from the percussion activities, the group create a samba band with stylistic rhythm and music! There are opportunities to lead and conduct the group. These techniques are then used in jingle composition work, and we create recordings for you to use!
- **Sailing** – a bespoke service where we design beach based activities offering solutions to current team challenges. Based on the beautiful Gower Coast, our team create a variety of activities – from sailing, kayaking, beach games, treasure hunts and raft building. The day ends with a barbeque on the beach. A memorable day – and cost effective.
- **Composition** – the teams are challenged to compose, create and perform a 'jingle' to represent their team, company vision, brand etc. This activity usually develops from the singing or rhythm activities.



- **Adverts** – the team creates a TV advert; there are a number of challenges during the process including learning new skills – like juggling and a ‘lucky dip’ of characters and themes that should be included in the ad. Great fun and challenging. The adverts are videoed with the teams receiving DVD copies. It is also possible to show the videos in a judging situation with the winning team being awarded with champagne!
- **Performance**. The challenge of performing in front of other people. Preparing the music within a strict time scale with a deadline for the performance.
- **“Strictly Judges” “X Factor” or “I’m a Celebrity”** themes can be created with compares, judges, marking and a show of the performances. This is great fun and is a positive experience for the group. A trophy or bottle of champagne is presented at the end of the competition or performance.
- **Recording** – there is the option of work in progress to be recorded. NSN Productions Limited is able to produce and distribute CDs and DVDs, which provide a fantastic record of the day. Delegates appreciate being able to see a result of their participation, to hear the music they have created and to feel proud of their accomplishments. The recording is a ‘work in progress’ live record of the work, and is not recorded in a recording studio.
- **Professional Recordings** – Jingles produced by teams have been so good that their companies have used the jingles for marketing purposes – on websites and accompanying power point presentations. It is possible to arrange and manage a professional recording of the jingle at a studio to produce a higher quality recording for these purposes.
- **Video Recordings** – It is possible to produce these for the client in DVD format for future marketing and training purposes.

Workshops are flexible and during the planning stage, it is possible to include a number of the above workshops to fit in with the clients needs, timings and budgets.

Workshop Leaders: are all highly experienced and skilled professionals in their ‘creative’ areas. They are also experts in working with teams to create outstanding results. All team building events and activities are co-ordinated by Susan Heaton Wright: a fully qualified business trainer, teacher QTS and professional opera singer.

Case Studies

100 Lawyers

This large Law firm had 5 branches nationwide. Two more branches had just opened. The two day conference for the company focused on developing stronger links between the branches, updating their brand, vision and image, and changing styles based on customer feedback. The Team building was used to develop the theme of the conference further with a fun element. Duration 3 hours.

- They started by singing, body rhythms, samba. In one large group.
- Composed jingles using singing, body rhythms, text work. This was in smaller groups based on the law specialisation and location.
- Performance. The client wanted a “Strictly Come Dancing” style performance with an NSN team leader as the “Bruce Forsyth” and “Tess” roles, with four judges including senior partners delivering the acerbic, outrageous and passionate verdicts on the performances.
- Presentation – of a trophy to the winning team.
- Recording – the jingles were recorded during the performances. Within 1 week, all of the delegates had received a CD recording of the perform Marketing opportunities – the jingles were used for a marketing presentation the week after the conference. One of the jingles has since been recorded in a recording studio and is being used on the company website.

“When I saw the plan of the day, I knew it was going to be good, but this surpassed all expectations. Thank you!” N Stone. Mills and Reeves LLP



36 Engineers



The client recognised that the group were highly experienced and knowledgeable individuals, who found it challenging to talk to potential clients either face to face or in presentations situations. The client wanted us to provide opportunities for the team to do something completely different: challenge them to relax and feel good about themselves. The group was comprised of individuals from three “product areas” of the company.

- Physical warm ups – group massage, breathing, vocal warming up (very useful for presentations).
- Singing, world songs, rounds adding riffs. Volunteers conducted the group.
- Using percussion instruments – tuned and untuned, creating samba rhythms and tunes. Volunteers led the group to create a number of interesting compositions.
- Jingle creation, using singing and the percussion instruments. The three product groups created jingles announcing their team image product identity.
- Performance. This was an informal ‘work in progress’ showing of the jingles.
- Recording. The jingles were recorded and everyone received a CD of the recording a week later. Participants were heard singing their jingles at quiet moments in the office!

Chartered Management Institute: A Singing workshop was delivered by Executive Voice, during the Chartered Management Conference. This was at the end of the day, following a number of heavy lectures and seminars. The client wanted the delegates to have the opportunity to ‘unwind’ before the evening sessions and conference dinner. Duration 50 minutes.

- The group – 75, of which 45 were men, were tired and stressed.
- After warming up, they were introduced to a number of simple world songs.
- In ‘teams’ we challenged the group to sing louder, get through rounds without making mistakes, add rhythms to the songs.
- We challenged volunteers to lead the group by conducting for tempi and dynamic changes.
- The group created and performed some simple body rhythm work which developed into a simple samba sound. Volunteers led the group changing the dynamics and tempi.
- The group left the venue looking relaxed, happy and full of energy.

“The vocal workshop was amazingly restorative”

“The activity had the potential to build upon later in the programme as an example of active team working”

“The vocal workshop was a really nice touch”.

Chartered Management Institute Conference Delegates

Marketing team of 12 - Food Production Company

The client wanted a fun away day activity where the team were challenged creatively and also have the space to devise new ideas. The senior management were also interested to see how the team perceived the products they were marketing!

We gave them the challenge to create an advert over three hours. The last version of this would be performed and recorded. A DVD was produced which was sent to the client after the event.

As well as giving the team clear specifications for the advert, we challenged them by introducing additional skills and activities that had to be incorporated in the advert. This was normally on a 23 – 30 minute basis. The team chose these with a 'lucky dip' box and additional challenges included balloon sculpturing, tap dancing and juggling – that they all had to learn and incorporate into the advert!

The activity gave the team opportunities to create different roles in order to complete the task; presenter, director, producer, script writer etc. The client also received a debrief report from us - independent and fresh opinions on their team's performance and dynamics: feedback that the client found very valuable.



All courses are bespoke, and designed around the challenges, benefits and outcomes the client requires. We provide measurable targets to monitor outcomes after an event. We also send a written debrief or arrange a debrief meeting following the activity, to share our observations of the group dynamics, individual performances, identify stars and mavericks and suggestions for improving a team further. Clients find our neutral observations invaluable in future planning.

So Contact us on **0844 576 3015** to discuss your team building and development programmes.