

WELCOME TO TEAM BUILDING THROUGH SOUND

In the fast-paced world of business, teamwork and collaboration are essential to success. Our team-building experience harnesses the power of sound and vibration to create a unique and transformative environment where your team can connect, communicate, and collaborate on a deeper level.

Understanding Sound and Vibration

In this session, we explore how sound and vibration influence our daily lives, well-being, and interactions. You'll be introduced to various instruments, learning their unique benefits and how to play them. This hands-on experience allows your team to create their own Sound Bath together, fostering intuition, active listening, and enhanced cooperation—key elements in working as one cohesive unit.

Foundational Values

Chris will guide your team through the process of establishing Foundational Values, the core principles that support both personal and professional life. These values—such as peace, calm, happiness, and freedom—serve as the bedrock upon which strong, confident, and harmonious teams are built. By setting these values, your team will experience increased confidence, reduced anxiety, and more effortless decision-making.

The Experience

The session culminates in a 75+ minute transformational Sound Bath led by Chris. This immersive experience not only rejuvenates the mind and body but also strengthens team morale, reduces uncertainty, and fosters a greater sense of well-being and creativity. By the end of the session, your team will be reconnected, motivated, and ready to tackle challenges together with renewed energy.

BENEFITS OF TEAM-BUILDING THROUGH SOUND

In addition to the benefits associated with traditional Sound Baths, this experience specifically enhances:

- **Strengthened Morale**
- **Reduced Uncertainty**
- **Increased Productivity**
- **Greater Sense of Well-Being**
- **Increased Creativity and Motivation**
- **Reconnection Between Management & Staff**

INSTRUMENTS USED

Your team will explore and use the following instruments:

- **Paiste 90cm Symphonic Gong**
- **Tibetan Singing Bowls**
- **Crystal Bowls**
- **Monolina**
- **Flutes**
- **Shakers**
- **Vegan Flat Drum**
- **Koshi Chimes**
- **Rain Stick**
- **Vocal Toning**
- **Natural Instruments (e.g., leafy tree branches)**
- **Tuning Forks**

VENUE & COSTS

- Price - R9,000*
- Duration - 3+/- hours
- Number of People - Up to 15 people (R450 pp for additional participants)
- **Venue:** Includes Chris' Hout Bay studio, which accommodates up to 16 people for an additional fee of R880. Larger groups can be accommodated at alternative venues, with pricing contingent on size and location.
- ***Additional Costs:** For team-building sessions more than 30 minutes from Cape Town, additional costs apply, including fuel and accommodation if an overnight stay is required.

ABOUT CHRIS

Chris Roland is an accomplished entrepreneur who has successfully launched nine companies across the US and South Africa. His extensive experience working with companies and organizations globally has given him a deep understanding of team dynamics and the challenges faced in today's corporate environment. Chris's diverse background spans the entertainment, construction, real estate, and hospitality industries, providing him with a unique perspective on how to foster collaboration and innovation within teams.

In addition to his business acumen, Chris holds a diploma in Integral Sound Healing and has taught numerous courses on the subject. With decades of experience as a transformational teacher, Chris has guided countless individuals and teams toward achieving greater personal and professional fulfillment. His holistic approach to team building, rooted in both sound healing and practical business experience, offers organizations a powerful tool for enhancing communication, creativity, and overall team performance.