

# CIRCUS SKILLS TEAM BUILDING

## Our Proposition



Our team-building workshops build synergy and challenge mindsets. We work with a range of **circus skills** to foster understanding of ourselves and our colleagues. Keeping those plates spinning and juggling those tasks has never been so thought provoking (and fun)!

With 93% of communication being non-verbal, consistency is vital to enhance communication and productivity within your team. Learning circus invites people to think in new ways.

## Suitable for

Our standard package for either experience can accommodate up to 15 individuals. We can accommodate more for a charge per extra person.

## The benefits for your team

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- Team synergy
  - Communication
  - Building a greater understanding of each other
  - Breaking barriers
  - Destroy limiting beliefs within ourselves
  - Creative thinking
  - Growth mindset
  - Mental resilience
  - Inclusive thinking
  - Empathy and kindness
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## JUGGLING FACT - MIND BLOWN!

In a study from Oxford University, juggling was shown to increase brain connections between movement and sight. This study was done with 24 new jugglers who juggled for six weeks, for 30 minutes a day. 100% of participants experienced new connections resulting in increased efficiency and creativity!

## Ground Circus Experience (2 hours)

Your team will learn juggling, hula hoop, plate spinning, diablo, walking globe and more.

**£675** +VAT

15 Participants (£30 per additional person)

Your team can come to us (B14 7RA) or we can come to you. Travel fees apply for bookings outside of Birmingham: £0.45/mile.

### Our Requirements

- A space big enough for multiple people to move around, hula hoop, throw around equipment. Grass is preferable outdoors unless it's wet in which case we need a dry hard surface. Can happen indoor or outdoors.
- Parking and access to drive to unload equipment
- Access to drinking water
- Access to a toilet

## Aerial Circus Experience (2 hours)

Your team will try trapeze, aerial rope, aerial silks and more.




**£775** +VAT

15 Participants (£30 per additional person)

Aerial is only available at our space in Kings Heath, Birmingham B14 7RA.

### Previous Collaborations

- Halfords
- Selfridges
- University of Birmingham
- Resorts World
- Virgin Media

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