



Jeremy Prangnell B Psych

ABN 44 173 190 275

t/a African Drum Creations



Community Connection Workshop

Focus:

- Mechanisms of Communication
- Working with Similarities & Differences
- Managing Innovation
- Planned and intuitive collaboration
- Recognising leadership

The workshop emphasises fun and inclusion, collaboration and self-efficacy, with no need for familiarity with drumming or any other music.

Each group member is invited to find their own acoustic space to offer the sound of their percussion instrument into the mix, and thus becomes part of a team.

The team members then collaborate with each other to create an interconnection of rhythms forming a unique metaphor for social productivity and harmony.

There are strong connections with the keys of positive psychology:

Belonging and connection

Engagement and communication

Outcomes:

Through the workshop experience participants can come to realise

- the significance of non-verbal communication
- how to express individuality whilst collaborating with others
- mindfulness can be used as a circuit breaker to stress
- focus on similarities can help to keep things together
- focus on differences can make things more interesting

Jewellery must be removed from hands to reduce risk of injury, or damage to the drums.

Drums are played whilst seated with a drum between the knees, so a participant wearing a short skirt may experience embarrassment. Pants or a long skirt are suggested.

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<http://www.wholeheartandhands.com>

Whole Heart and Hands

0419 404 840



International Institute
for Complementary Therapists
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IICT CERTIFIED MEMBER

42 Terralong Street, KIAMA, NSW 2533

africandrumcreations@hotmail.com

