



POWER OF UKE

Make Music Transform Teams

Lift the lid of your limitations!

Are your team working at their full potential?


We want everyone to feel like they can turn up to work and be the best version of themselves – but not everyone knows what that is.

Through a mixture of music, coaching and self-reflection we create a safe space for everyone to be free to flourish, get curious about their hidden strengths and bounce back to their desks with a new zest for life, motivation for the job and commitment to their team.

Now *there's* a little instrument with a big impact.



POWER OF UKE
Make Music Transform Teams



Unlock potential
Know your team
Energise your office

Unique Approach

Learn to play the ukulele

Create an original team song

Lead your own rehearsal

Perform the song in public

Reflect on key skills developed

Check-in one month later



POWER OF UKE
Make Music Transform Teams



Photo: Neil W Shaw | Wedding Photographer

Know your team

- Push your team completely out of its comfort zone
- Remove the hierarchy by using a leveller
- Create a positive environment to work through current challenges
- Develop deeper awareness of self and others
- Revisit core values and team goals
- Maximise potential through a long-term action plan



POWER OF UKE
Make Music Transform Teams



Energise your office

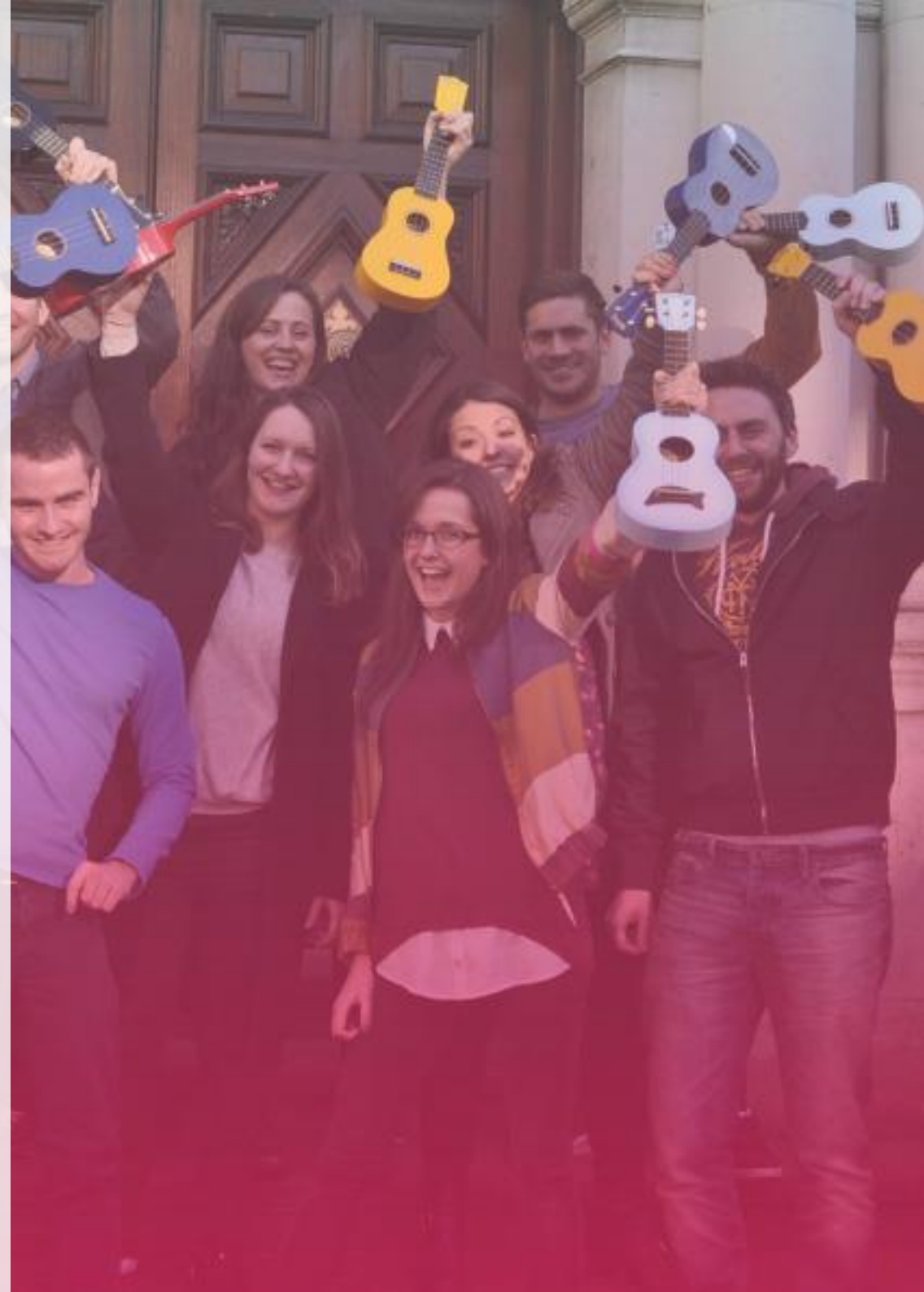
In less than three hours we will have you in hysterics, pumping out tunes and feeling on top of the world!

Our sessions allow the team to:

- Let off steam and switch off from work
- Practise mindfulness through a focused activity
- Discover the positive effect that creative breaks have on your stress levels, motivation and output



POWER OF UKE
Make Music Transform Teams



Testimonials

‘I ask my team all the time if they feel they’re using their skills and they say ‘yes’. In this workshop I **saw them in roles I’d never see them in before**. For some it was a **complete transformation**.

Because we were writing a song people were so **much more honest and open**. It **rejuvenated our office** and there was a **buzz for weeks afterwards!**

Team Leader *BRIT Insurance*

“A perfect combination of professionalism and light-heartedness to **create a powerful end to our event** - a **key highlight** of the whole conference’

Shamash Alidina - *Founder of Happier World Conference*

‘**We achieved more than I thought we would**. It was fascinating to see how the song writing got us **working more creatively** as a team - it made me realise how little we modify our styles of working’.

L&D specialist *Linklaters*

‘That was team-building without realising we were doing team-building. **I didn’t stop laughing for a whole hour.**’

Finance Team *Innocent*

‘I feel so happy and relaxed now and **it’s not often this feeling arises in the middle of the work day** – I’m going to be **so much more productive** now this afternoon.

Participant *Google Wellbeing Week*



Ready to play?

Ukenergiser

Up to 90 mins

- Learn ukulele and take part in a short performance
- Use for team bonding or to brighten up a Monday morning meeting
- Kick off a training day or end a conference with a bang!

Full Power

Half day or full day

- Learn ukulele and write and perform an original song
- Get a new team or project off on the right foot
- Integrate new team members
- Celebrate recent successes and take team to next level

Wellbeing Day

Full day

- Put together your own day of nourishing activities
- Help staff de-stress and feel more positive in a busy time
- Choose from a range of activities - yoga, ukes, gratitude and silent disco



email for a quote



email: sarah@powerofuke.com

@PowerofUke

www.facebook.com/powerofuke

tel: 07800 730 765

website: www.powerofuke.com



POWER OF UKE
Make Music Transform Teams