

OUT of the BOX; IN TO the BEAT

**Rhythmic Professional
Development for Teams**

Jason Armstrong Baker

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Are you struggling to create a workplace culture that retains top talent and transforms your team into a high-performance powerhouse?



In today's ever-changing and stressful economic climate, it's easy to lose sight of what matters most: keeping your team engaged, motivated, and working together in **harmony**.

When teams lose their sense of **rhythm**, they can become disengaged and disconnected, finding it difficult to stay committed to their goals.

All of this can lead to plummeting morale, isolation, and anxiety, ultimately resulting in burnout for both individuals and the team as a whole.



Reversing this trend is critical for your business's enduring vitality. An ancient, yet cutting edge approach solves these problems - **group drumming**.



High performance collaboration

Humans' most ancient technology, drumming, ingrains the key components of effective collaboration. Collaboration is not just a concept, it's a skill you can hear, see, and feel.

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Are your teams missing an authentic camaraderie that encourages healthy connections, and develops confident collaborators and effective problem solvers?



THE ART OF DRUMMING

For thousands of years, drumming has been a vital part of life across all cultures, bringing people together with the power of rhythm. When you drum together, you create a synergy that transcends language and cultural barriers, connecting people at a deeper level.

By embracing the power of group drumming you can cultivate a workplace culture that nurtures a supportive community of creativity, connection, and trust. More than ever, fostering a sense of community and connection among team members is paramount.



Engaged & connected teams

When teammates learn to value each others' contributions with a "Yes and" attitude, everyone remains engaged & **connected** to the group's goals & purpose.



Purpose-driven productivity

Teams that learn to engage collaboratively move forward with authenticity & enthusiasm when participants can **feel** their contributions are valued.



Are you unsure how to establish an environment that fosters the mental and physical well-being of your employees while reducing feelings of isolation, loneliness, and undue stress?



The Science of Rhythm

When we drum we are able to bypass certain parts of the “thinking brain” that inhibit learning and growth, while simultaneously activating the imaginative and inventive capabilities of the brain.

Studies have shown that drumming positively affects social, physical, and mental health, including increased camaraderie, a reduction in biological stress hormones, decreased anxiety, improved mood, increased focus and energy, and so much more.

And if you haven't already heard ... it's also fun to hit things!



Talent development & retention

A workplace culture that supports each individual to develop their talents innately will attract and **retain** the highest caliber professionals.

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With group drumming, you can build a workplace environment that honors the well-being and development of your employees. By investing in employee professional and personal growth, you are investing in the future success of your business. Let's work together to create a more connected and collaborative workplace.

Out of The Box, Into the Beat

My workshops involve hands-on training with expert guidance that will help your team develop the crucial skills of communication, collaboration, leadership, and problem-solving. These skills are essential for building strong, productive collaboration.

During this dynamic and immersive experience, you'll discover the five components of musical collaboration, explore the fascinating history and techniques of drumming, and uncover some truly mind-blowing findings from the science of rhythm.

You'll learn how the elements of music can help you communicate more effectively, build trust and rapport, and inspire breakthrough thinking and innovation.

This is a one-of-a-kind investment! This 4-hour workshop is includes all materials and necessary resources.

For more information, [schedule a free initial consultation](#), or email Jason Armstrong Baker at rx4rhythm@gmail.com.

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Jason Armstrong Baker, BA, LPMT, MT-BC

YOUR GUIDE

Jason Armstrong Baker is an original percussive artist who lives the dynamic relationship between mover and music, form and improvisation.

Jason is a board-certified and licensed music therapist, recognized rhythm expert by Johns Hopkins Medical University, Towson University, the VA, and more. He has facilitated over 5000 group drumming sessions in the past 15 years, and has been collaborating in bands for over 30 years.

He specializes in designing and implementing interactive educational experiences, helping individuals and teams unlock opportunities to challenge and change how they think through collaborative engagement.



@uncle.jaybey
JASON ARMSTRONG BAKER.COM

YOUR RHYTHMIC ROI



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JASONARMSTRONGBAKER.COM

rx4rhythm@gmail.com

443-538-2781

IG: @UNCLE.JAYBEY

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