



COFFEE BREAK RECESS - ONLINE

Employees suddenly working from home?

Let us help them stay refreshed, rejuvenated, inspired and connected with our virtual coffee break. It's like a little recess for the big kids!

"When I play, it gets me smart for my homework." - 6 year old

In small groups of up to ten participants on Zoom, we'll play some simple games from the worlds of theater and improv. These are games anyone can play and encourage connection with co-workers.

"In this age of isolation, play with peers requires a fair bit of communication, arguably the most valuable social skill of all." – *Scientific American Mind*

"People who have fun on the job are more creative, more productive, better decision-makers, and get along better with co-workers." - *Dr. David Abramis, Cal State U*

COFFEE BREAK RECESS creates **unique, interactive experiences** that bring out the personal spark in each participant. This is the reason they feel more present, refreshed and productive.

Participants will also:

- feel acknowledged & appreciated
- improve their observational awareness & listening focus
- create a more connected team spirit
- step out of their usual environment to see new perspectives
- enhance their ability to adapt to uncertainty
- be more quick thinking & spontaneous, even in challenging circumstances

"This was so much fun! I feel more relaxed and my thinking is clearer."
- *nurse*

"I'm on the phone all day but this gave me an opportunity to actually see people and engage with them in a different way." - *sales associate*

"This is exactly what I needed. My batteries are recharged!"
- *tech support*

Available in 15 minute – 1 hour sessions

CONTACT US FOR PRICING & MORE INFO:

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Led by Delilah Blake who, for over 25 years, has been an expert at creating a fun and nurturing environment where new perspectives on peak performance are explored. Whether in person or online, she specializes in fostering strong connections in both personal and business interactions.

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