



# Lunch Meet

Lunch time drum and rhythm circles  
that "happify" your workplace!

Engaging, Empowering, Stress-Reducing and Fun!

Do your lunch hour conversations sound like a scene from a soap opera? Or do you eat at your desk not giving yourself the break you deserve? Do you get to have fun and enjoy your colleagues' or is your day filled with meeting after meeting, stress and non-stop mental work?

***What if you had a chance to have some fun at lunch that also relieved stress and created more engaging relationships?***

That's what **Lunch Meet** can do for you! **Lunch Meet** is a one hour facilitated drum circle that engages you and your coworkers in a variety of fun, engaging, stress relieving drum and rhythm games. You get to enjoy team building, leadership development and getting to know each other in a mid-day play break. This invigorating hour will stimulate and refresh you and make the rest of your workday more productive and effective.

The effectiveness of drumming to relieve stress and create community is well known. Now you can have this experience at work! SoulWorks Rhythm® supplies the drums, percussion instruments and facilitation. You provide the room and the people. Contact Monique at [mgm@soulworksrhythm.com](mailto:mgm@soulworksrhythm.com) or 978-687-4069 to schedule your Lunch Meet today!

In addition to **Lunch Meet** our customized leadership development, team building and employee engagement programs provide you with:

- ~A toolbox of simple rhythm and sound games\*
- ~ A train the trainer option so you can incorporate games with your employees
- ~Hands on experience leading drumming activities
- ~ Personal empowerment experiences to cultivate self- confidence and employee engagement.

\*Drums, percussion instruments & fun substitutes provided

To schedule a needs assessment contact us. See below.



## Your Facilitators

**Monique Morimoto Flaherty MS, CPCC**, founder of SoulWorks Coaching® inspires her clients to become the best leaders they can be both personally and professionally. By utilizing unique experiential learning opportunities which include drums and horses (yes, horses) her clients discover strengths, talents and capacities previously unknown to them.

[www.soulworkskoaching.com](http://www.soulworkskoaching.com) and [www.soulworksrhythm.com](http://www.soulworksrhythm.com) 978-687-4069 [mgm@soulworksrhythm.com](mailto:mgm@soulworksrhythm.com)

**Stephen Whitney, CFC** is an experienced, world travelled musician. Stephen helps people discover their latent talent through the sound and rhythm of congas, African drums and percussion. Participants in his drumming playshops, a huge success in Europe, were infused with enthusiasm and new found freedom of expression. He is thrilled to bring his work back to the US. [sew@soulworksrhythm.com](mailto:sew@soulworksrhythm.com)

^SoulWorks Rhythm® is a subsidiary of SoulWorks Coaching®