

Discover Hidden Creativity, Improve Self-Confidence & Relieve Stress in Your Organisation



Create Confidence



Confidence

Many of us misunderstand confidence.

Confidence is **not** something we're born with. It **can** be learnt and it can be developed.

Confidence is **not** the knowledge that we will succeed if we try something new. It **is** about being comfortable with failure, especially when trying something new.

Lack of confidence can be paralyzing. We are afraid to try for fear of failure. These fears may have been instilled in us during our education, by our family, by our friends, by our colleagues, by our boss or by our culture.

Whatever their origins, the results are often devastating. *On a personal level* we feel isolated, even wanting to hide away from people and situations; staying in the shadows rather than sharing our talents. *At a corporate level* our valuable input is lost, input which may just be the solution to the problem.

Confidence is the springboard to success. It **can** be learnt, rediscovered and rebuilt.

Waywood Creative can help you to become more confident and start to achieve your full potential: at work; at home; in life.

Can we help you?



Creativity



Young children are naturally creative, whilst most young adults are convinced that they have no creative abilities at all.

Yet today, more than ever, we need people in our organisations who are creative, innovative and flexible.

What if those creative people are already in our organisation?

These people understand our company and its culture. Their integration into teams is so much easier and quicker. The reward is so much greater: our company benefits from their skills and they benefit from a greater sense of worth and achievement.

Each person is creative.

Waywood Creative can help you discover the hidden creativity in your organisation. We help people to identify their creativity in a fun, non-threatening and experimental atmosphere.

The benefits don't just stop there. Participants also develop greater self-confidence, improved team-working skills and better listening skills.

Can we help you?

Teamwork

The sum of the team is greater than the sum of the individual parts.

We've all heard such clichés about teamwork.

But effective teams are a real powerhouse for creativity, problem solving and idea generation.

Teams are key to successful business.

Great teams are not necessarily made up of the highest achievers or highest ranking members.

A great team has great interpersonal dynamics at its core: great teams are made up of people who can work together effectively to create success.

But potentially great teams may be rendered ineffective by poor leadership, the presence of self-appointed devil's advocates, or members with poor listening, poor communication and poor social skills.

Waywood Creative helps people work together more effectively by developing and enhancing listening, communication and leading skills; skills which are essential for great teamwork.

Can we help your team?

Can we help you?



A Healthy Option



In today's hectic and ever changing world, many crave an oasis of calm.

Hectic schedules, information overload and an ever-increasing demand on time all make heavy demands on our lives. This sustained attack changes our body's fright and flight response from a positive asset to a health risk, leading to stress. Untreated, stress can precipitate severe, long-term problems such as depression.

Research supports the positive health benefits of drumming.

Is stress inhibiting the success of you or your team? Is stress an issue in your life? **Waywood Creative's** percussion and drumming workshops are a great source of stress release, unwinding and rebuilding.

Can we help you?



Contact Us

This information sheet provides basic details of how **Waywood Creative can** help. Since all our programmes are custom designed, there is much more we can offer e.g., our ice-breakers are great for team meetings.

We prefer to work with smaller groups of up to 25 people for maximum benefit. All workshops are run at a venue of your choice and in a fun, experimental and non-threatening atmosphere.

Waywood Creative can help you. Contact us to discover how.



You don't have to be a drummer to drum!



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