



## CORPORATE WORKSHOPS

A new generation of team-building events



**Confidence**



**Cooperation**



**Communication**

**Extraordinary Entertainment for Every Event**

# Alter Ego

Guided by an H2oh! Style Consultant, participants are taught the basic techniques of character creation as they learn to use make-up, wigs, props and accessories. Divided into two teams the participants then have 60 minutes to transform themselves, and their team mates, into larger-than-life characters.

After 1 hour the newly transformed team mates will present each other at the Alter Ego Fashion Show. Marks can be awarded for categories such as 'Most Original', 'Face of H2oh! Ltd' (we will insert your company name) 'Biggest Transformation', and an additional prize will be awarded for the Winning Team - judged by our Style Consultant. Photos are provided after the event as a keepsake of the transformations!

Total Workshop Time = 2 hours, including fashion show.

Cost: £300 per workshop leader, plus travel  
Maximum of 1 x workshop leader to 15 participants,  
equivalent to £20 per participant per workshop



# Dance Stars

Each team will master a different dance style in a 90 minute workshop with a professional choreographer, before competing in the dance-off final.

Group members must work hard as a team, to score the highest marks from the judging panel, usually made up of members of senior management and the choreographers.

Select from the following dance styles: African, Ballet, Belly Dancing, Bollywood, Break Dancing, Contemporary, Hip Hop, Jazz, Irish, Salsa, Street or Tap.

Total Workshop Time = 2 hours, including performance.

Cost: £200 per workshop leader, plus travel  
Maximum of 1 x workshop leader to 20 participants,  
equivalent to £10 per participant per workshop

NB: A minimum of 2x workshop leaders must be booked to deliver this workshop.



# Circus Circus

Roll-up, roll-up for the Greatest Show on Earth! Participants have 2 hours to master the clever art of circus. Professional workshop leaders will help them to learn to juggle, spin plates, spin poi, do tricks with diablos, ride a pedalo, amaze their colleagues with magic and even learn to walk on stilts!

They will be given time within the session to work in teams and create their own mini-circus show, complete with music and props. Who will catch the ringmasters eye?

Total Workshop Time = 2 hours, including performance.

Cost: £300 per workshop leader, plus travel

Maximum of 1 x workshop leader to 15 participants, equivalent to £20 per participant per workshop

NB: Minimum of 2 x workshop leaders must be booked to deliver this workshop

Selection of skills may vary.



# Flying High

Not for the faint-hearted this will really test everyones nerves. Participants will each learn some basic aerial skills on one or more of the following pieces of apparatus:

🌀 Hoop 🌀 Rope 🌀 Silks 🌀 Trapeze

Total Workshop Time = 2 hours

Cost: £350 plus travel, per workshop leader, plus travel

Maximum of 1 x workshop leader to 10 participants,

equivalent to £35 per participant per workshop.

Please note that Flying High is only suitable for certain venues.

We can provide a site assessment to check suitability prior to booking, please contact us for more details.



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