ExChange
Drum. Act. Express

A Behavioural Intervention Program using Rhythm and the Arts
Program Design

The module works on 3 levels of:

- Individual
- Team
- Organisation

The program is designed bearing in mind the current needs of the organization with a holistic approach contributing to employee engagement and efficiency.
We provide end-to-end solutions

Advanced research methods and specially designed protocols for training solutions designed to:

- Enhance group cohesiveness
- Increase employee motivation
- Improve employee’s performance
- Reduce stress
- Develop potential
- Maximize self-awareness
- Improve physical, social and mental health
- Inspire team-spirit & leadership
- Increase organisational efficiency

The module includes Drum Circles, Theatre exercises, Creative Movement, Role plays, Yoga and Suryanamaskar.

We focus on providing the right service at the right time and documenting the process authentically.
## Customizable Session Flow

<table>
<thead>
<tr>
<th>Activity</th>
<th>Objective</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drum Circle</td>
<td>Alignment</td>
<td>30 mins</td>
</tr>
<tr>
<td>Theatre Improvisation</td>
<td>Creativity and Team Building</td>
<td>60 mins</td>
</tr>
<tr>
<td><strong>BREAK</strong></td>
<td></td>
<td>30 mins</td>
</tr>
<tr>
<td>Creative Movement</td>
<td>Exploration and Self Awareness</td>
<td>60 mins</td>
</tr>
<tr>
<td>Drum Circle</td>
<td>Focus on Takeaway</td>
<td>30 mins</td>
</tr>
<tr>
<td>Debrief and Learnings</td>
<td>Psychological Processes, Discussion and Expression</td>
<td>30 mins</td>
</tr>
</tbody>
</table>
Session Requirements

**Space:**
Open Space without pillars to be arranged as per the activity designed and the number of participants enrolled.

**Sound:**
Appropriate PA system for the venue and 3nos x PG30 SHURE wireless headset microphone to be arranged for the session.

**Logistics:**
Armless Chairs for all the participants to be arranged.

**Manpower:**
Four volunteers will be required for helping with unloading, setting up and loading of equipment.
Meet our Facilitator

Dr. Anand Godse

Director - Taal Inc
Head of Research and Training
Industrial Psychologist
Health Counselor
Expert in Suryanamaskar and Health
Watch one of our ExChange Videos
What is in it for you?

- Improved efficiency and productivity
- Better leadership skills through improved communication
- Understanding of common goals and strategy
- Positive attitude towards change
- Strong and trustworthy relationships in the workplace
- Increased clarity of employee expectations
Ask them... They will vouch for us

- Fujitsu Consulting India
- Yes Bank
- Ernst & Young
- KPMG
- Standard Chartered
- Suzlon Energy
- Siemens
- Honeywell
- Titan Industries
- Nokia
- Wipro
- Avaya India Pvt Ltd.
- ThyssenKrupp India
- Infosys
- Tech Mahindra
- Bajaj Auto
- Amdocs Development Centre
- Godrej
- Sapling School
- Orchid School
- Fergusson College
- Brick Eagle
- Helpshift Technologies
- Absolute Concepts
- Thought Works
- Globacom
- CNBC
- Lavasa Hotel
- The Irish House
- Akanksha Foundation
- Brandaid Events
- ZS Associates India
- Zuper Hotel Solutions
- Quest Outbound
- Coca Cola
- Bacardi

... and many more