



# Drum Circle

Drumming Workshop • Rhythm Based Event

with Ricarda Raabe




drum circles  
inspire

drum circles  
motivate



drum circles  
connect



„Drum Circles are not about drumming –  
Drum Circles create musical communication!“

Arthur Hull

## You are a(n)

- organisation
- institution
- company
- social facility
- academy
- educational establishment
- hospital

## You are planning a(n)

- conference
- Kick-Off event
- symposium
- corporate event or office party
- convention
- (in-house) training course
- presentation of a product or at a fair
- after-work party
- other event  
(*occupational health day, open day etc.*)

## And you are looking to include a drum circle event as a(n)

- warm-up activity
- team building element
- drumming workshop
- pick-me-up
- incentive for your staff
- communal closing event with all participants
- drumming event full of fun, humour and joy
- drumming experience that leaves  
a permanent impression

**We at Lust aufTrommeln  
will help you make it happen!**

# References

- Alice-Salomon-Hochschule University of Applied Sciences
- Almodóvar Hotel Berlin
- Beuth University of Applied Sciences Berlin
- Federal Employment Agency (Bundesagentur für Arbeit) Berlin
- Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (Bundesministerium für Familie, Senioren, Frauen und Jugend)
- Federal Association of Natural Food Natural Products (BNN) e.V., Berlin
- Citizens' Festival hosted by the Federal President of Germany
- B&B Hotel, Berlin
- Campus Naturalis Akademy – Berlin Headquarters
- Essentis Biohotel Berlin, Days of Sound ("Klangtage")
- German Red Cross Berlin
- EAMPERFORM - Coaching & Training Consulting
- Fritz-Haber-Institute at Max Planck Society Berlin
- State Music Council Berlin and Hamburg
- German Parity Welfare Association Berlin
- L'Hospital Sant Joan de Déu Barcelona
- LNE GmbH – Executive Personnel and Teambuilding
- Medigreif-Clinic Usedom (Support)
- PreussenElektra GmbH, Hannover
- The Door, New York City, USA
- UCI World of Cinema (Kinowelt) Berlin
- Weberbank, Potsdam
- Wenckebach Hospital, Berlin



# Our drum circle events are:

**vitalising** – drumming wakes you up, increases attentiveness, and proves to be an excellent pick-me-up at any time of day.

**relaxing** – drumming relieves stress, fosters well-being and focuses attention on the present moment! It just makes you feel happy – and fast! – as scientific studies from Europe and the U.S. have shown.

**extraordinary** – a drum circle facilitator can bring a team together without (many) words, co-creating “music in the moment” in cooperation with all participants.

**challenging** – at first you might think that drumming with so many people is difficult. First reactions like “I have no sense of rhythm”, “this cannot work”, and “I can’t drum” are transformed into a sense of achievement.

**interactive** – all participants are drumming, seeing and hearing each other, communicating with and relating to each other, experiencing themselves as part of a community, and are invited to express their imagination, creativity and joy!

**connecting** – drum circles bring people together. Tolerance, cooperation und team spirit are holistically experienced and embodied!

*„Drum Circles are about relationships – a group always has more potential than they realize“*

Arthur Hull

**motivating** – drumming is fun, induces joy and raises vitality. Any team can witness the creation of a musical community from which innovation arises organically. This kind of experience motivates – even long after the event has ended!

**sustainable** – every participant contributes to and is part of a larger rhythmic whole. In this way, long-term memory is supported and the themes of the event are remembered in a pleasant way.

# Testimonials

*I felt freedom, when Ricarda was facilitating in Barcelona. Her smile assures to all the drum circle players that they are playing in a safe spot. It's a gift. Ricarda has excellent musical skills and I love her facilitations very much.*

**Santi Carcasona, professioneller Musiker, Barcelona - Spanien**

*Ricarda Raabe showed that an expert conference really can be done differently. She really brought the room to a boil with her passionate drumming action.*

**Jörg Sobeck, president of the Association of German Amateur Theatres, Berlin**

*Working with Ricarda is fun, energetic and induces an appetite for drumming – literally. At her drum circle, I experienced a sense of solidarity, mutual appreciation and acceptance. Teamwork with rhythm and beat, led by a highly likeable, well-versed and customer-oriented trainer!*

**Eleonora Alexandrova Meyden, EAMPERFORM Training & Coaching Consulting Berlin**

*The drum circle brightened up the event. Turns out that even people in administrative jobs can drum. :-)*

*All participants were enthusiastic and would love to do this again.*

**Peter Lutz, Director at Federal Employment Agency Berlin Mitte – In-House Service, Controlling and Finances**

*Ricarda is a great professional with a charming personality that can bring to your corporation unity, collaboration, respect and listening through amazing teambuilding events and trainings.*

**Oliver Daniel Solano Watson, business manager and music therapist, Villanova - Spain**

*Yeeees – it was a great intro to the meeting, many heartfelt thanks, again... my foot kept tapping for a long time after...*

**Katrin Linke-Otto, Regional Manager, UCI Multiplex GmbH, Kinowelt nova events**

*We had booked the drum circle as a team building event. It was great! Ricarda Raabe understands perfectly how to involve and inspire everyone present. Something in common could arise. That was very motivating. We can highly recommend it!*

**Dr. Sandra Bräutigam, study coordinator, Beuth University of Applied Sciences, January 2019**

# FAQ

- Where do you facilitate drum circles?  
*Lust aufTrommeln* will come to you wherever you need us, no matter where you are – within Germany and even beyond national borders. Workshops can be led in German and/or English.
- What kind of locations / spaces are suitable for hosting drum circles?  
*Lust aufTrommeln* can facilitate events (almost) everywhere as there aren't really any limitations. Acoustics and volume needs to be considered. .
  - *Indoor*: hotels, restaurants, exhibition halls, auditoriums and screens...
  - *Outdoor*: lawns, open areas, yards, sports grounds...
- Will you provide the instruments?  
Yes! At *Lust aufTrommeln*, we use high quality MEINL & REMO drums. Beautiful to look at and acoustically appealing – for indoor and outdoor use!
- Will all participants be provided with an instrument?  
Yes! *Lust aufTrommeln* provide instruments for all participants.
- Is there a lower or upper limit?  
*Lust aufTrommeln* offer drumming workshops for as few as 6 people as well as drum circle events for up to 500 people.
- Is it necessary to have a background in or any previous knowledge of music or percussion?  
No. Not at all! We at *Lust aufTrommeln* consciously develop our drum circles in a way as to enable everyone to join in!
- How much will a drum circle event cost?  
All *Lust aufTrommeln* drum circles are custom-made. We will discuss your ideas with you individually, and then make you a personalised offer.





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