



## PROGRAM GUIDE

# Team Building That Hits a Higher Note

*Yes, there's singing. No, you don't need to be good at it.  
That's kind of the point.*

Four workshops. Every team size. One unforgettable experience.

## WHAT IS TEAMJAMS?

TeamJams is a fully facilitated, turnkey corporate team-building experience powered by music, creativity, and live collaboration. In small groups, your team rewrites the lyrics to a popular song based on your company's products, values, or culture — then performs it together, karaoke-style, for their peers.

No musical experience required. No awkward role-playing. No trust falls. Just real creative energy, real collaboration, and a shared experience your team will be talking about long after the event.

*“Teams write and perform their own song together — and that’s where the magic happens.”*

## WHY IT WORKS






Music activates more areas of the brain than almost any other activity — triggering emotion, creativity, memory, and connection simultaneously. When your team creates and performs together, something shifts.

### The neuroscience behind the experience:

<p><b>Dopamine ↑</b> Higher engagement and motivation</p>	<p><b>Oxytocin ↑</b> Stronger interpersonal trust</p>	<p><b>Cortisol ↓</b> More openness, less stress</p>	<p><b>Neural Bonding</b> Faster, deeper team connection</p>
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## REAL OUTCOMES

TeamJams delivers the human skills every high-performing team needs — through an experience they’ll actually enjoy.

	<b>Better Communication</b>	Teams learn to listen actively, share ideas under pressure, and build on each other's thinking in real time — skills that transfer directly to every meeting, project, and conversation at work.
	<b>Stronger Collaboration</b>	Creating something together builds trust faster than any training session or offsite. Departments break down silos by making something personal and memorable.
	<b>Boosted Creativity</b>	Rewriting lyrics to capture your company's values forces lateral thinking, flexible problem-solving, and the kind of creative confidence teams bring back to their day-to-day work.
	<b>Psychological Safety</b>	Performing together — and succeeding together — helps people take small risks, speak up more freely, and support their quieter colleagues.
	<b>Culture That Sticks</b>	Teams walk away energised and connected, with a shared story that reinforces your culture long after the session ends.

## CHOOSE YOUR TEAMJAMS EXPERIENCE

From one-hour icebreakers to full-day transformation — there's a workshop for every team, every goal, and every event. All sessions are fully turnkey: we bring the sound system, microphones, props, lyric kits, and facilitation. You bring the people.



### IGNITER · 1 Hour

*A fast, high-energy creative spark for conferences, meetings, and events. The perfect icebreaker — your group collaborates on a single lyric rewrite and performs it together.*

#### What's Included

- One collaborative team song rewrite
- Professional DJ/MC facilitation
- Warm-up activity to ease everyone in
- Props, microphones, and full audio setup
- Group performance finale

#### Best For

- Conferences and annual meetings
- Leadership retreats
- Friday afternoon team sessions
- Reset moments between busy periods



### HARMONY LAB · Half Day · 3–4 Hours

*A deep collaborative workshop blending creativity, communication, and healthy competition. Teams of 4–5 rewrite lyrics to popular songs, rehearse, and perform in a structured format — ideal for breaking silos.*

#### What's Included

- Multiple small teams with lyric kits and creative prompts
- Facilitated brainstorming and rehearsal
- Team performances with judging panel
- Trophy awards ceremony
- All sound, props, and tech included

#### Best For

- Departmental offsites
- Leadership programs
- Cross-functional team days
- New teams needing fast connection



### STUDIO ANTHEM · Full Day · 6–7 Hours

*Your team becomes the creators of your very own company anthems. This full-day experience goes deeper into creativity, communication, and cultural storytelling — culminating in a full production showcase.*

#### What's Included

- Everything in Harmony Lab, plus:
- Performance coaching between rounds
- Additional songwriting rounds
- Team branding — names, themes, styles
- Full production showcase finale
- Optional studio-style recording session
- Leadership debrief on translating lessons to work

**Best For**

- Company-wide retreats
- Culture-building days
- Leadership development events
- Celebrating major milestones

**ENCORE RETREAT** · Weekend · 1.5–2 Days

*A transformational creative retreat for teams who want something truly unforgettable. This 1.5–2 day experience blends music, creativity, strategic collaboration, and deep connection.*

**What's Included**

- Full Studio Anthem experience
- Evening social performance
- Second-day Company Anthem creation
- Professional video and audio recording
- Awards gala
- Lyric book and keepsake album

**Best For**

- Executive retreats
- Culture transformation initiatives
- Leadership cohort programs
- Celebrating major company milestones

## HOW IT WORKS

Getting TeamJams on your calendar is simple. Here's what to expect:

- 1 Book Your Consultation**  
Tell us about your team, your goals, and your event. We'll recommend the right workshop format and handle everything from there.
- 2 We Handle All Logistics**  
We arrive with everything — sound system, microphones, props, lyric kits, and full facilitation. If you have a room, we can run TeamJams there.
- 3 Your Team Creates and Performs**  
We guide warm-ups, lyric writing, rehearsal, and performances. Your team leaves energised, laughing, and more connected than ever.
- 4 The Experience Lives On**  
Shared stories, inside jokes, and genuine connection that carries back into every meeting, project, and collaboration that follows.

## MEET YOUR FACILITATORS

### Paul

*Experience Lead & DJ/MC*

With 20+ years of live performance and corporate event experience, Paul knows how to read a room, guide creativity, and turn nervous energy into excitement.

*No ego. No awkward moments. Just music, laughter, and real connection.*

### Jennifer

*Co-Facilitator & Creative Energy Lead*

With decades in education, performance, and group facilitation, Jennifer brings a warm, calm presence that helps every participant — especially the quieter ones — find their voice.

*The perfect complement to Paul's high energy — your team is in exceptional hands.*

## Ready to Bring Your Team to Life?

Let's design a TeamJams experience that fits your team, your goals, and your event.

**Book a Consultation: [paul@starlightdjservices.ca](mailto:paul@starlightdjservices.ca)**

*No pressure. No sales funnel. Just a real conversation.*