

TEAM-BUILDING EVENTS WITH TRAPEZE SCHOOL NEW YORK

TSNY
TRAPEZE SCHOOL
NEW YORK



**Forget fear.
Worry about the addiction.sm**

If you want to lift your Team's spirits, foster a sense of community and boost their confidence to higher levels, come fly with us! At Trapeze School New York, you will:

- get to know one other better in a safe, supportive, yet challenging, environment;
- have fun and relieve stress with your co-workers;
- face and overcome challenges together;
- learn from each other's reactions and experiences;
- work together on an equal footing;
- meet a mutual challenge and achieve a common goal;
- have an interesting and unusual experience that you will remember forever.

The key though, is not how cleverly we devise the activities. The key is the dynamic that develops when your group faces this unique challenge in the positive and supportive atmosphere that we have developed. Learning the Flying Trapeze engenders immediate involvement, team spirit and comradery. Often, our students describe improvement in focus, self-esteem, strength, mood, patience, empowerment, sleep patterns, and weight loss. It is like no other activity in the world.

The minute your group enters the gate, they'll be exposed to one of the most coordinated, yet subtle, team efforts imaginable: our team of instructors running a Flying Trapeze class. With tremendous efficiency, rock-solid respect, and life-saving knowledge, we make it fun and respectful of the needs of your group. We have opportunities for everyone from the thrill-seeker to the fear-facer, the athlete to the couch potato. We have seen people ranging in all desires and abilities inspire each other, bring new energy to the School and enrich each other's lives with courage and mutual support. We are experts at accommodating the wide range of interests and abilities that exist in our student body.

The spirit of cooperation is infectious. Our job is to initiate a cooperative working dialogue that will help expose destructive dynamics within your team's framework. Recognizing and conquering your own fears in the presence of your co-workers inevitably leads to a more positive and supportive environment in the workplace. Work groups that have flown together invariably learn to work together better and to recognize each person's unique contribution. Trapeze fosters strong bonds between its participants. Witnessing other team members' reactions to something as improbable as flying on a trapeze, allows us to acknowledge and embrace the humanity each of us brings to our co-workers and to the workplace.



We will customize a program to meet your specific goals. TSNY can provide tents, stages, catering, music, audio/video, even a riverboat excursion. Activities might include juggling, tumbling, clowning, stilt-walking, static trapeze, Spanish Web, trampoline, or circus team-building games. And of course, Flying Trapeze! We look forward to employing our unusual skills to help benefit your company's health.

Trapeze School New York is located in the beautiful Hudson River Park, on West Street, just south of Canal between Piers 34 & 36.

www.trapezeschool.com

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