

Ulster Orchestra offers a range of unique employee engagement opportunities, which can be tailored to meet your business's specific needs and objectives. Examples of activities Ulster Orchestra is able to offer include:



Team building workshops

2 hour session approx.; can be delivered on-site at your office or in a community space (dependent on numbers)

Team building improves efficiency and morale. A symphony orchestra is one of the best examples of a team working as one; the players have to be tuned-in to each other emotionally and creatively, and people performing different tasks must work together towards a common goal. Much can be learned about teamwork by studying the way an orchestra works together to create exceptional music.

Through a hands-on workshop, Ulster Orchestra's Animateur will work with members of your staff to create a piece of music based on a bespoke theme, primarily using voice and simple percussion instruments. The process is intended to enable communication, stimulate imagination, build confidence, celebrate successes, provide inspiration, strengthen emotional bonds, and create a memorable shared experience for your employees.

Morning with the Orchestra: Leadership, Collaboration & Communication

2 hour session approx.; delivered in the Ulster Hall or the Spectrum Centre (dependent on Orchestra schedule)

Symphony orchestras provide a powerful analogy to the essential leadership skills business leaders must cultivate. Ulster Orchestra delivers interactive events, tailored to your business's needs that explore leadership, collaboration, communication and creativity through music-making.

Participants are seated in the concert hall or rehearsal space, where they will see first-hand the extraordinary power of music to convey ideas and emotions. The session will begin with an Orchestra rehearsal of a piece of symphonic music, giving the participants an opportunity to observe the non-verbal communication that takes place within an orchestra, the pivotal role of the conductor, and the extraordinary interplay between the conductor, section leaders and players.

The rehearsal is followed by a facilitated discussion between the participants, conductor (subject to availability) and a musician, about leadership dynamics, communication, and how playing in an orchestra mirrors a business environment.

Music for Well-being

45 min/lunchtime session; can be delivered on-site in your office (option of longer, full Orchestra session off-site)

Listening to Classical music can have a tremendously relaxing effect on our minds and bodies. It is proven to have a beneficial effect on some of our physiological functions – slowing the pulse and heart rate, lowering blood pressure, and decreasing levels of stress hormones. Music, in short, can act as a powerful stress management tool in our lives.

Through a short performance by a small ensemble of Ulster Orchestra musicians, participants will be encouraged to use music for physical relaxation, which in turn can help reduce stress. Allow the slow tempos wash over you, quieting the mind, relaxing the muscles, making you feel soothed. Basic postural exercises and breathing techniques will be introduced in a relaxed but energising session.

For more information, or to discuss your bespoke engagement event, please contact: Jessica Hutton, Director of Fundraising at jessica@ulsterorchestra.com or 028 9026 0485. Number of events offered per year are limited and must fit within the Ulster Orchestra's schedule.