

Circusful

Circusful is Ireland's premier circus arts organisation. Founded in 1985, our work brings the wow factor - it is varied and exciting, professional and high quality.

Every week, across the island of Ireland and beyond, we:

- teach circus skills to people of all ages and abilities, helping to improve their health and wellbeing
- bring events and conferences to life through the work of our professional artists
- add the wonder and colour of circus to festivals, events and workshops.

Circusful is located in the heart of Belfast's buzzing Cathedral Quarter. Our building is a former banana warehouse converted into Ireland's first and only fully equipped, purpose-built circus arts centre in 1999.

Our skilled trainers have been using circus arts to nurture collaboration, trust and creativity for more than thirty years. We help you and your team to come to life at the circus. Our team of professional artists create a welcoming, positive and engaging space in which everyone have a go and get involved. They will lead you through a fun warm up before every member of the team can have a go at learning some circus skills. Ones that tend to work well include: juggling, tightwire, partner balance, hula hoop, and trapeze.

We can provide:

- **A one-off workshop that supports team building.** Help your team to push their personal boundaries, taking risks, exploring leadership and thinking about communication.
- **A series of bespoke workshops.** Designed to address identified physical health and wellbeing needs, increase activity levels/mobility and/or boost mental health across a team/group.
- **Animation of conferences and events.** From stilt walkers to fire eaters and aerialists and everything in-between, our professional performances range from small to large scale and something for every budget/type of event. These are sure to wow your partners, customers, team members and clients.

As we return to the workplace after the recent lockdowns, for some, things can feel a little strange or overwhelming. Our sessions, whether over two-hours, two-days or two-months, act as a fun ice-breaker, help to reconnect teammates, re-build trust and bring back some good old-fashioned playfulness and fun. We are happy to come to you, go to another venue or to use our own space.

Costs: Costs are dependent upon the activity and participant numbers - for example two x one-hour teambuilding workshops, including a range of circus skills would be £960 + VAT for up to 32 people per hour. (£15 per head.) Interactive performances start from £180+VAT for one performer for 2 hours.

Testimonials:

'Not your average Friday! The Eyekiller Team swapped keyboards and screens for trapezes and juggling balls...last week. Team-building with a difference...Great fun and a lot of laughs...' Sarah, Eyekiller (Digital Agency)

"I had no idea how people would react when they found out that a circus teambuilding workshop was part of the agenda, but I was thrilled to see how well everyone took to it and delighted to receive such positive feedback."
Bronagh Luke, Head of Corporate Marketing, Henderson Group

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