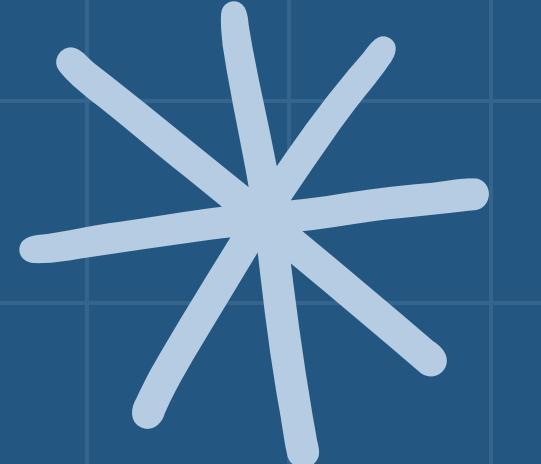


# Cirque Synergy: Ignite Collaboration

*Another Look at Team Building*

Presented by **former**  
**Cirque du Soleil** performers



# The Project

## 1. About Us

## 2. Innovative Concept

## 3. Objectives and Benefits

## 4. Proposed Activities

## 5. Adaptability

A dynamic team-building experience created by a pair of elite circus performers, focused on **health, teamwork, and creativity through engaging physical activities**. Our program promotes **stress management** and **productivity**, guaranteeing a memorable experience that strengthens **collaboration** and **camaraderie within your team**.



# whoWe Are



We are former artists with Cirque du Soleil "O" in Las Vegas, and subsequently, we performed in over 100 productions internationally, in over 20 different countries across 4 continents.

We have shared the stage with major American showbiz names such as Pink, Cher, Britney Spears, Katy Perry, and Aretha Franklin, and we have also appeared in numerous films, television shows, and commercials, including NBC's "Celebrity Circus," The Muppets, and Le Plus Grand Cabaret du Monde.

Katia is a certified HCI life and health coach as well as a yoga and fitness instructor.

Sebastien is a show director who graduated from Stella Adler Acting Academy and UCB Improv Comedy

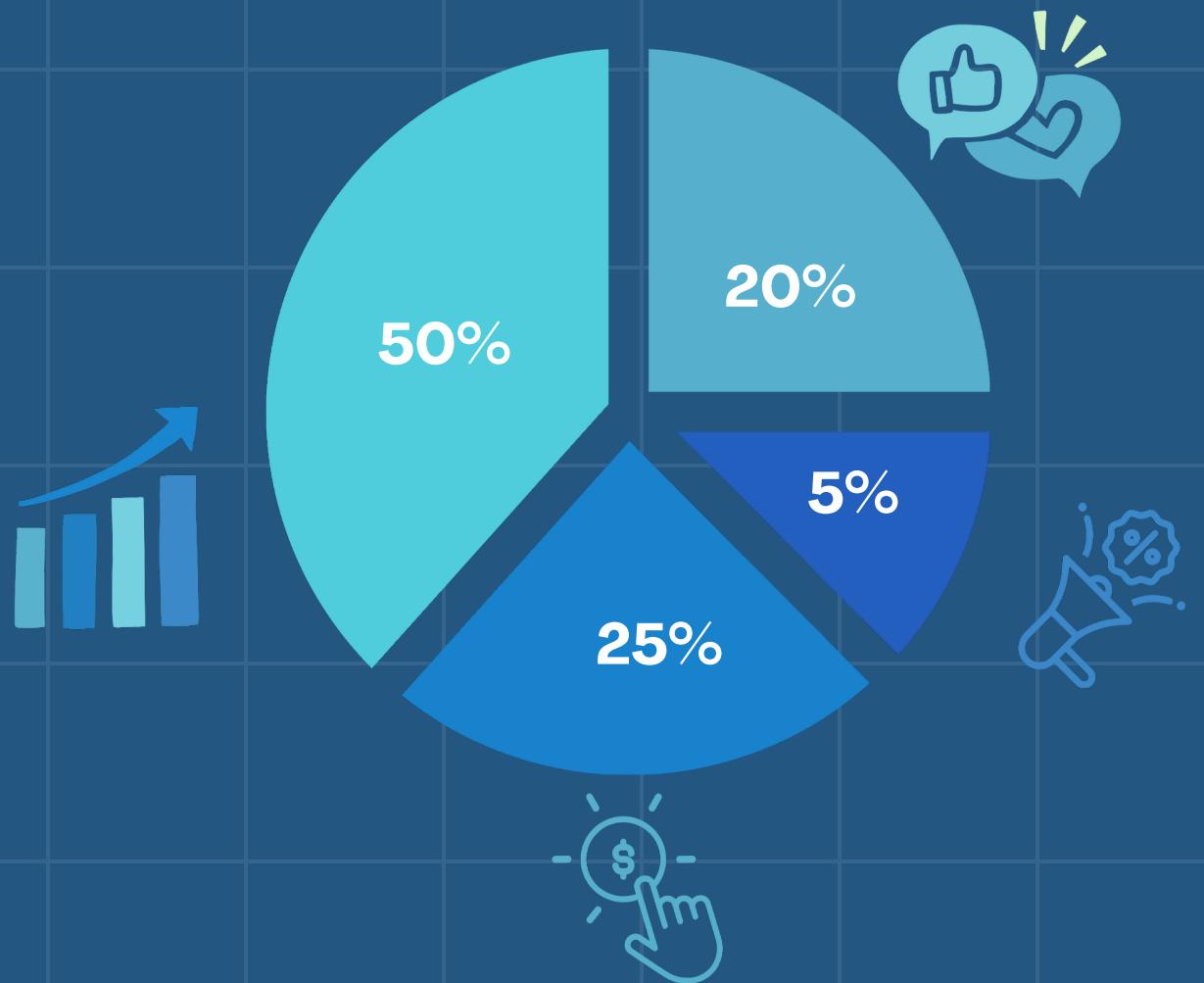


# The Concept



Our program promotes **well-being** by combining physical movement with mental and **emotional development**. Participating in fun, performance-inspired activities improves physical fitness and **releases endorphins**, thus **boosting mood**. It encourages **mindfulness and self-improvement**, motivating participants to set personal goals. The social aspect strengthens the **sense of community**, **reducing feelings of isolation** and fostering support.

# Objectives and Benefits



According to a study by France Stratégie (2022), companies investing in cohesion actions record up to **12% additional productivity**.



A Gallup study indicates that employees who participate in workplace activities are **2.5 times more likely to be satisfied with their jobs**. According to INSEE, companies that implement regular team-building activities see a **15% reduction in employee turnover**.

# Acro Balance



Example 1: Role Switching. In pairs, participants perform a simple lift and then switch roles. This promotes understanding of each other's challenges.

Example 2: Object Between the Foreheads. Two participants face each other, holding a light object between their foreheads. They must move forward without dropping it, developing coordination and communication.

Example 3: Three-Leg Race. Two participants attach their inner leg and must walk or run in synchronization of their movements, strengthening team spirit.

Acro-balance is a dynamic activity that emphasizes **collaboration and teamwork**. By performing simple acrobatic figures with partners, participants not only improve their balance but also their ability to **work together** effectively. Acro-balancing exercises require **clear communication**: participants must verbalize their intentions and coordinate their movements. This strengthens interpersonal skills and fosters a **climate of trust**, essential for success together.



Example 1: Circle Dancing Each participant enters the circle to demonstrate a movement that the others then imitate. This exercise promotes confidence and fun.



# Dance & Movement



Example 2: Flash Mob The team learns a surprise dance and performs it together at a specific time, creating a memorable experience and strengthening bonds.

Dance is a powerful driver of **creativity and collaboration** within a team. It involves synchronized movements and physical interactions that foster connections between members. Learning choreography together allows each participant to work toward a common goal, thus strengthening their **sense of belonging**. Dance offers a platform for creative expression. By encouraging everyone to contribute their ideas to the choreography, we stimulate **innovation and original thinking**—skills that can be applied in the professional world.



Example 3: Add ON Each participant invents a move. The first one demonstrates their move, and each subsequent participant adds it to the existing sequence.



# Mime & Acting



✓ Example 2: Role Playing. "The Chaotic Meeting" Imagine a meeting where everyone has an exaggerated opinion about a project. This humorous exercise reveals group dynamics.

✓ Example 3: The Others Each participant must mime, to a member of their team, the detailed actions of a department in the company to which they do not belong.

Mime and theatre workshops are powerful tools for **strengthening communication** within a team. They allow participants to better understand and interpret the emotions of their colleagues, thus **fostering empathy**.

Mime invites each person to put themselves in someone else's shoes. By sharing these emotional experiences, participants **strengthen their bonds and mutual understanding**, helping to **prevent conflicts**. These exercises also help express feelings that are sometimes difficult to communicate verbally.



# YOGA

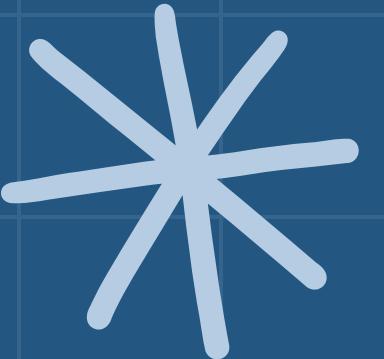
## **Yoga: Stress Management, Concentration and Productivity**

Incorporating yoga and breathing exercises into your team-building activities can have a significant impact on stress management and employee productivity. These practices create an atmosphere conducive to well-being. Yoga activates the parasympathetic nervous system, promoting **relaxation and reducing stress and anxiety**. By allowing participants to release accumulated tension, they feel more relaxed and better prepared to face **professional challenges**. This also **strengthens their resilience in the face of daily challenges**. Breathing techniques help calm the mind and reduce intrusive thoughts, allowing employees to fully focus on their tasks without being distracted by external concerns.

By reducing stress and improving concentration, employees are able to **manage their tasks more effectively**, which increases their productivity. Better time management contributes to a more **harmonious work environment**.

A study published in the *\*International Journal of Workplace Health Management\** examined the impact of yoga on stress management in the workplace. Researchers found that regular yoga practice significantly **reduces employees' perceived stress levels**, improves their overall well-being, and increases their job satisfaction. Yoga and breathing practices help **prevent burnout** by promoting a healthy work-life balance. This allows employees to remain motivated, engaged, and fulfilled in their work over the long term.

# Adaptability to Needs



As team-building specialists, we adapt to different types of audiences, particularly in Canadian SMEs. Since every company has a unique culture, we listen carefully to each team's expectations to design customized activities. Whether the goal is to strengthen communication or foster camaraderie, we adjust our approach based on the dynamics and personalities of the participants. In this way, we create enriching and memorable experiences that leave a positive impact on the team.



**Remember, teamwork makes the dream work!**

# Thank You

t. (438) 372-4761



[katialifetransform.com](http://katialifetransform.com)

[Dynamic Existence with Katia](http://Dynamic Existence with Katia)

[@katia Life Transform](http://@katia Life Transform)

[@katialifeTransform](http://@katialifeTransform)

[Katia Life Transform](http://Katia Life Transform)

