

## Energize Your Workplace



# Partner Dance Connection Workshop



Esther Brill offers a unique and enjoyable team-building session designed to promote positive organizational change in not-for-profit community organizations.

For booking information, please call:  
585 721-8684



## Goals

- Build and sustain high-quality connections among people
- Activate and renew the energy & vitality people bring to their jobs



## Activities

Explore 3 dance relationships...Then, your team will learn a simple dance-step pattern, and try it with 3 kinds of music:

### Swing, Salsa & Cajun!

- You & the Floor**
  - *Where it makes a difference:* You
  - *What you learn:* testing limits, taking risks, changing how you move
- You & Your Partner**
  - *Where it makes a difference:* Your team
  - *What you learn:* sharing weight, leading & following, moving together, reversing roles, changing partners
- You & the Music**
  - *Where it makes a difference:* Your environment & culture
  - *What you learn:* expanding perception, feeling emotion, appreciating diversity



## Outcomes

Experience in a non-verbal mode:

- Active respectful engagement and mutual regard
- Communicating affirmatively and listening effectively
- Creating trust by conveying dependability



**Esther Brill** is widely known for her clear, humorous and supportive teaching style and her commitment to a vibrant and open dance community. Co-founder of Rochester Swing Dance Network in 1993, Esther has taught Swing, Lindy Hop, Cajun/Zydeco, Blues, Waltz and other social partner dances in RSDN classes, and at workshops, festivals and public events throughout upstate New York. Esther also offers private lessons, wedding dance instruction and consultation for groups & special events. Not only a qualified dance instructor, Esther has extensive experience in the Rochester not-for-profit community as a former health care administrator and grant-writing consultant.

To find out more about partner dancing in the Rochester area, please visit:  
[www.rochesterswingdance.com](http://www.rochesterswingdance.com)



To contact Esther Brill for information or to book a workshop:  
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