

# Team Zoomies



## “Laughter really is the best medicine.”

Henri de Mondeville recognised that laughter was in fact a positive force for wellbeing way back in the 1300's. The same is true today. And while we are all working on checking in and listening to each other it's also good to remember to have some fun.

**Team Zoomies** is the brainchild of comedian, MC and Theatresports gold medallist and director Russell Fletcher. Russell combines his vast experience in comedy, theatre, TV, education, and corporate entertainment and training to make invaluable contributions to your business, your people, or your event.

In just 30 minutes your team will laugh, relax, cooperate and build connection.

We could all do with some laughter right now and Team Zoomies are the answer.

If laughter is the best medicine then this is the chance to build your team with a smile.

***“Russell is the ultimate professional performer and creative mind for a corporate setting. He relates exceptionally well to the corporate audience, working hard to understand their needs. And he has a tremendous capacity for hard work.”***

Formats: **webex zoom**

Length: **30 MINUTES**

Presenter: Russell Fletcher

Investment: **\$790 PER WEBINAR (30 MINUTES)**

*for up to 30 people — \$50 per person there after*

For more information [hello@gramconsultinggroup.com.au](mailto:hello@gramconsultinggroup.com.au) or **0415 670 130**



**GRAM CONSULTING GROUP** is a community of facilitators, evidence based coaches, academics, organisational psychologists and good humans who specialise in:

- + Executive Coaching
- + Leadership Development
- + High Performing Teams
- + Leader as Coach
- + Specialist Qualitative Reports

To do that they have a multi-disciplinary and evidence based approach using principles from:

- + Coaching Psychology
- + Positive Psychology
- + Social Psychology
- + Organisational Psychology and Organisational Scholarship
- + Appreciative Inquiry
- + Anthropology
- + Sociology

Gram Consulting Group work with 11 of the top 20 ASX listed companies, three international organisations and many smaller organisations.

## **WHY AND WHEN FACE TO FACE EXPERIENCES**

Face to Face workshops enable highly effective ways to build trust, have highly collaborative and quality interactions and build the relationships and understanding in a team or group of people. These workshops allow for interaction, different environments, discussion and practice. It allows for flexibility and fulfils our human need for connection, interaction and increases the ability to deal with complexity.

## **WHY AND WHEN VIRTUAL EXPERIENCES**

With the world currently experiencing the COVID-19 pandemic, virtual learning experiences are now more than ever a necessity for teams and organisations. Webinars are built for convenience, scale and accessibility. They do not replace the face to face experience but can be used as a blended experience. We use multiple platforms and have a hugely successful record in providing engaging experience with a strong up take of the learning.



# Russell Fletcher

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Russell is an award-winning solo entertainer, actor, improviser, story-teller and director who brings all his experience in TV and theatre to corporate events and training programs.

He's well known as one of Australia's foremost performers and teachers of improvisation, as host of the hilarious Spontaneous Broadway, writer and performer of Jest Like Danny Kaye, and still gets recognised as Father Ricky from Lano and Woodley.

He graduated with a Bachelor of Education in Drama and English with honors from Victoria College, Rusden (now Deakin University).

Russell is a pioneer in using improvisation and theatre performance techniques for cultural transformation projects for clients in business, health and education.

His company **The Decent People** specialise in bespoke performances, conference content, and facilitating fun, immersive workshops that focus on collaboration and confidence for workplaces.

For four years, Russell was contestant audition host for Network Ten/Fremantle Media game show Family Feud, where he coached people to be at ease on TV. He is currently a writer and producer on The Chase Australia, responsible for coaching The Chasers.

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