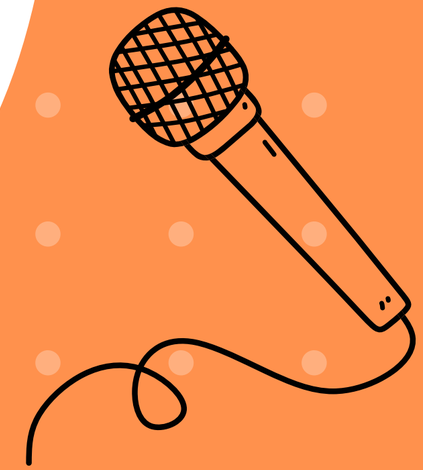
Where Every Team Creates More

Together We JAM!

SOUNDHOUSE STUDIOS






Introduction

• What we do

Our team building sessions bring your group into a real studio environment to play, create, and connect, no musical experience required. Guided by experienced facilitators, teams work together to learn a song, usually picked by the team's themselves. It's collaboration, communication, and creativity, translated into rhythm.

• Who we are

Soundhouse Studios is Vancouver's home for musicians and creatives, a rehearsal and recording space in Mount Pleasant built for people who make things together. We know first hand that some of the strongest bonds are formed not around a boardroom table, but around a shared rhythm. That's why we created a team building experience rooted in something we know best: MUSIC.

Team Members

Every Soundhouse session is led by working musicians and artists. The same people you'll find gigging around Vancouver, producing tracks, and teaching lessons when they're not in the studio with us. They bring real musical expertise and genuine creative energy into every workshop, and they know how to make people who've never touched an instrument feel comfortable picking one up.

Our facilitators are hand-picked for each session based on the group and the experience you're looking for, so no matter who's leading your workshop, you're in the hands of a true professional who lives and breathes music.



Main Idea

- Playing music together demands something most icebreakers never touch: real-time listening, timing, and trust. You can't fake being in sync with a band: you either lock in together, or you don't. That's exactly what makes it such a powerful team building tool.
- When a group learns to play, write, or perform together, they're practicing the same skills that make teams work back at the office: active listening, reading each other's cues, adapting on the fly, and creating something none of them could make alone. The difference is, at Soundhouse, they're doing it with a drumstick or a mic in hand instead of a whiteboard marker.



Strategy Plan

Our team building programs all begin roughly the same. We will have your whole team acquinted with our producers and then we will begin the activities. Here is how it works:



- Arrival & Grouping – Teams arrive and are split into small groups of 4-6, sized to fit the day's headcount.
- Meet Your Producer – Each group heads to their own private rehearsal room with a dedicated producer.
- Pick Up an Instrument – Every member is assigned an instrument, no experience needed.
- Learn the Song – The producer teaches the group a song of their own choosing, working at the group's pace with breaks along the way.
- The Big Performance – After 2-2.5 hours of rehearsal, all groups come together in one room to perform their song live for their peers.
- Wrap Up – Once every group has performed, the session comes to a close, together!

Data Overview

Why Music Brings People Closer

There's real science behind why a jam session builds stronger teams than a trust fall. Researchers studying group music-making have found that when people play in rhythm together, they naturally synchronize, and that synchronization is directly linked to feeling more connected to the people around them.

This happens on more than a surface level. Studies using drumming groups found that group members' heart rhythms began to align the longer they played together, and that this physiological "syncing up" predicted stronger group cohesion, even affecting how well the group performed on unrelated tasks afterward. Other research shows this bonding effect doesn't require musical experience or people already knowing each other well; the sense of connection emerges from the shared act of playing in time.

In short: making music together isn't just a fun icebreaker. It's one of the most effective, evidence-backed ways to build genuine trust and connection within a group, quickly.





Prices

One price. Everything inlcuded.

$129/person

Optional Add-on

Photo & Video Package

$150/event

Here's everything that's built into it:

- A private rehearsal room with professional-grade instruments and sound equipment
- A dedicated producer/facilitator guiding your group from start to finish
- 2-2.5 hours of hands-on music-making, with breaks along the way
- The chance to pick your own song and make it your own
- A live final performance in front of the whole group — the payoff moment
- A shared experience your team will actually talk about long after the day is done

Compare that to the average team building activity: an afternoon of trust falls or a one-off workshop that's forgotten by Friday. At Soundhouse, your team walks away with something tangible: a song they learned together, a story they'll retell, and a version of teamwork they actually felt in real time.

Results

What your team walks away with

- Stronger Collaboration

Teams leave with a firsthand understanding of what it feels like to listen closely, adjust in real time, and build something together, skills that translate directly back to how they communicate and problem-solve at work.

- Better Communication

Learning a song together means constant, unspoken coordination. Teams practice reading each other's cues and adapting on the fly, the same instincts that make cross-functional collaboration smoother.

- Genuine Connection

There's a different kind of bond that forms when people create something together, especially under a bit of pressure and a shared goal. Colleagues walk away seeing each other differently, not just as coworkers, but as people who showed up for one another.

- A Boost in Morale

Nothing replaces the feeling of performing something you built from scratch, in front of your peers, and hearing them cheer for you. It's a genuine high — one that tends to carry back into the office long after the day ends.

- A Shared Story

Every group leaves with an inside joke, a song they'll never forget, or a moment that becomes part of the team's culture,the kind of shared experience that a typical offsite rarely produces.

Conclusion

More Than a Team Building Day

At Soundhouse, we believe the strongest teams aren't built through lectures or forced icebreakers, they're built through shared experience. When your team steps into a studio, picks up an instrument, and creates something together, they walk away with more than a good memory. They walk away actually working better together.

Whether you're looking to celebrate a milestone, reconnect a remote team, or just give your people a day they'll genuinely enjoy, we'd love to help you make it happen, in rhythm, in sync, and together.

Ready to bring your team in for a session? Let's get you booked!



Thank You



Let's Make Something Together

We can't wait to get your team in the studio.

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🌐 www.soundhousestudios.com

📍 Soundhouse Studios, Mount Pleasant, Vancouver, BC

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