

Making Musical Connections

A program offers creative ways to connect colleagues through the intentional design of a beat.

BY HAYLEY MCDONALD

PHOTOS COURTESY OF RANDY CROW (FEATURE AND HEADSHOT) AND PATRICK GRADY

THE CORPORATE environment can be a challenging place to immerse yourself, especially as an employee trying to connect with coworkers.

With different levels of leadership or management, multiple offices in various locations or simply a disconnect between employees with different personalities, businesses often struggle in finding ways to unite their organization into one pulse.

As founder and facilitator of Birmingham's Get Rhythm interactive drumming programs, John Scalici started the organization to do just that—inspire, motivate and empower groups of people both individually and as a collective entity. Representing only one section of Scalici's business, his corporate team-building events offer a uniquely stimulating style of bonding to all types of companies.

Depending on the size of the group, the amount of time allotted and the specific goal of each organization, Scalici leads a series of rhythmic sessions using shakers, drums and even the simple act of clapping to create a solid foundation for the groups to relate and connect with each other. Scalici believes drumming and rhythmic activities level the playing field. The learning curve that comes with playing these instruments initiates the team building throughout his programs.

"Most people are outside of their comfort zone, and I let them know that's a good place to be," Scalici says. "All a group needs is a willingness to participate. And by the end I'm not leading them; they're leading each other."

Groups leave a Get Rhythm program with knowledge and skill sets that will last long after the sessions are over. Participants discover how to work with each other, inadvertently improvising a collaborative beat. By asking for dialog and feedback



John Scalici

throughout the sessions, Scalici creates communication within the group about the progress in each activity. "The more you share about this with each other, the more you're going to learn from it," Scalici says.

Multiple businesses Scalici has worked with have invited him back for annual sessions. Upon leaving a Get Rhythm program, some companies have even gone out and purchased drums of their own, asking Scalici to teach a few of them how to facilitate weekly or monthly drum circles to continue the initial progress.

"His passion for what he does is contagious," says Jim Gorrie, president and CEO of Birmingham-based Brasfield & Gorrie,

LLC. "Getting 60 to 70 people to play with the same beat is a difficult task, and John was successful at leading us to a place where his points could be understood and appreciated."

Gorrie's group has participated in multiple Get Rhythm team-building events since its initial session, seeing the value in the message behind the music.

"The best thing that I can do for a group is to teach them how to listen to one another and play together, then take myself out of the equation and let them get that feeling that they don't need me anymore," Scalici says. No matter the type of corporate ambiance, Get Rhythm's interactive corporate sessions aim to add value and create empowerment for every group, initiating a change in individuals and a self-led connection between coworkers. ■

Details

Learn more about Get Rhythm at getrhythmprograms.com.





John Scalici conducts interactive drumming sessions for a local HealthSouth group (above) and Regions employees (below).

