

# Adult Recess

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**Adult Recess** is a virtual, in person, or hybrid workshop that improves engagement and feelings of connection through the power of play.

1. Turn-key workshop is designed to be successful for employees that are in-person, virtual and/or in hybrid settings.
2. Employees will engage in icebreakers and games that are designed to develop teamwork, communication, empathy and inclusion. Infusing fun into the corporate environment in order to help our partners increase creativity, productivity, and workplace health.
3. Workshops are completely customizable including physical activity level. In addition to our workshops, we partner to open conferences, provide brain breaks at retreats, & icebreakers and games that actually get people talking.

## Format:

- Suitable for 15-50 employees, can be scaled up to 100+.
- Typically 1 hr, customizable.
- In-person, virtual, and/or hybrid work environments.

