



5 Ways Dancing Can Help In The Workplace

Legally, we cannot encourage you
to turn on a strobe light and have a
disco dance party the next time
your quarterly sales meeting gets a
little stale...
but we'd love to see the video!



We can, however, shed some light (regular, tungsten) on the positive byproducts of knowing how to dance and how it could make your work environment a more vibrant place.



1: Disconnect & Recharge





Some people stand by the coffee bar, others hit the cafeteria, and then there's that one weirdo who jogs in shorts that are begging to be longer.

The problem is there's no real disconnecting.

Whether your team drinks coffee, eats food, or goes for a jog their minds are still consuming just as much power.

There have been countless reports on the great minds like Albert Einstein and Winston Churchill and their belief in naps.

They would completely disconnect, recharge, and return to the challenges of their day with a renewed perspective.





Ballroom dancing is much different than jogging. Your brain is required to be active and responsive. While jogging can deliver a workout, it's tough to disconnect.

As one of our students put it, “I would go for a jog to get away from work for a bit, and even with headphones on, I’d still find I was thinking about work. Dancing is the first exercise where I can really switch off.”

All without short shorts or sleeping bags in the break room.



2: Other Than Alcohol



It's pretty normal to “grab a drink” after work. Not that we are all working in smoke filled 60's era advertising firms but boozing it up as a means of getting to know your team seems a little dated.

It's true, drinking is a way to make it easier to socialize, but is it the only way?





Learning how to dance gives your team a healthy medium for improved social skills.

A trip to the pub can then be replaced with “let’s go salsa dancing and eat tacos”.

3: Get Uncomfortable



Getting uncomfortable is a tool for building a stronger team.

Strong teams can do great things, but that process can't begin if everyone is hiding in their bunkers.

Dances like Tango, Waltz, and Salsa allow you to play a new character that is polar opposite to what is shown at work.





Learning how your team responds to these simple uncomfortable moments in dancing can be a great indicator of how they process pressure, and how you can change that for the better.

4: Ditch the Trust Fall



There are teambuilding activities that, just on the potential social media backlash alone, should be retired forever.

The trust fall is one such exercise.

There are some wonderful teambuilding professionals out there, but the first half of your next exercise shouldn't be spent explaining why you should be doing it. **It should sell itself.**





Learning to dance is **practical, social, and fun.**

That's not to say people won't be a little uncomfortable, but that's still an essential element to the teambuilding process anyway.



5: Company Parties

Ever feel like your HR and legal team cringes when you mention your upcoming company party?

Why are there so many potential gaffes at parties like this?

Let's use classic literature for the answer.





In *The Lord of the Flies*, the kids are stranded, are without rules, and decide to govern themselves.

Bad decision.

Sides are chosen, perilous behavior, and everyone wants to go home.

Don't let your company party turn into *Lord of the Flies*.

People make questionable choices in social settings when they don't have the tools to master those settings.

Dancing is a social skill superpower.

It is **classy, timeless, and HR approved**. Imagine a party where people dance all night, and only sip champagne to toast you for putting the party together.



How does dancing help in the workplace?

1

It's a way to disconnect and recharge without taking a nap in the break room.

2

It can replace the urge to drink alcohol in order to wind down.

3

It makes you uncomfortable. But it's a way to build a strong team.

4

It's practical, social, and FUN!

5

Dancing is a social skill superpower.