

# Professional vocal training workshops



This 10-week series of workshops for adults will give you a solid foundation in vocal techniques, in a supportive environment.

Many of the techniques that singers use are also invaluable at work, for public speaking or presenting. Even if you are not musical, the skills you will learn through vocal coaching can be applied equally at work and in your free time.

We cover different topics every week, including: controlling your breathing; extending your vocal range; good posture and body alignment; phrasing and diction; singing with emotion; and how to beat stage-fright.

To find out more, visit our website at

[panda-communications.com](http://panda-communications.com)



# Professional vocal training

*A series of 10 workshops to find your confident and full voice through singing*

## Breath control

In this workshop we will discuss how your breath works. Correct breathing is the fuel that drives your voice – and learning how to use your breath to support your singing will increase your vocal power and range. Most of us use less than a third of our vocal capacity because we lack the tools to use our breath efficiently.

## Extending your vocal range

Once your breath has delivered air to the vocal chords, the sound resonates throughout the body. In this workshop, we help you extend your vocal range and achieve an even tone quality throughout the vocal range using a variety of exercises.

## Posture and body alignment

In this workshop, we explore body posture and alignment, because without a correctly aligned body, your voice cannot function to its full potential. We will also address many of the tension issues common to singers.

## Phrasing and diction

The way we phrase a line of music conveys the meaning and mood of a

song to the listeners. Phrasing is strongly influenced by where we pause to breathe as we sing the lyrics, which words we emphasize and how we use consonants and vowels to interpret each line we sing.

## Singing with emotion

Singing with emotion is probably one of the most valuable skills that a singer can develop. Discover how you can add emotion to a song in different ways: variations of dynamics and tone; speaking the words in contrasting ways; experimenting with tone colour by modifying resonance.

## Beating stage-fright

Everyone gets nervous. We all know the feeling of our mouth going dry and our body tensing. Although you will not be able to fully 'cure' yourself of stage-fright, you can learn how to control and calm your nerves. Some amount of nervousness is necessary, because the body channels Adrenalin which enables you to perform effectively.

Each workshop lasts 1.5 hours.

Maximum of 10 participants in each workshop.

Each workshop features a mix of theory and practice.

Take-away summary sheets are available after every session.

All sessions are recorded and made available for any participant unable to attend.

For more information, contact Laura Ford at [info@lauraford.be](mailto:info@lauraford.be) or call her on +32 472 373 838.

