



The Voice Spa : Voice Power & Speech Confidence Foundation Programme

Day 1

Workshop Outline:

Learn how your **Voice & Speech** impacts your **Personal & Professional Impression**.

Learn how individual **Speech Habits and Patterns** are formed and **can be changed**.

Learn the **5 Secrets to Voice and Speech Power**.

Learn **How Voice Works** and how it can be **Controlled and Managed**.

Learn to **Manage Nerves** by **Releasing Vocal Tension**

Learn **Diaphragmatic Breathing Techniques** for vocal strength & minimize strain.

Learn what **Negative Speech Habits** must be **Eliminated Forever**.

Learn to control your **Speed of Delivery** and **Develop a Good Rhythm**.

Learn to use **Simple Tips to “Colour” Your Voice** & make your speech engaging.

Learn how to apply the appropriate **Vocal Tone** for **Meaning and Emphasis**.

Learn **Tips** used by **Professional Broadcasters**.

Learn **Vocal Care & Hygiene Tips** to help your Voice last a lifetime.

Day 2

Workshop Outline:

Learn how to **Engage the Breath for Powerful Speech** with comfort & ease.

Learn **Proper Technique** for quick & easy breath intake for **Speech or Presentations**.

Learn how **Identify Individual Strengths & Weaknesses** by recording your Voice.

Learn to loosen abdominal tension for a **Relaxed & Confident delivery**.

Learn to **Develop Resonance/timbre** for a centred, warm & strong voice.

Learn **5 simple Speech & Phonetic Basics** to Sound Polished.

Learn how to **Invigorate Speech Muscles** and increase jaw flexibility for **Clarity**.

Learn to identify and **Address Articulation Issues** that result in indistinct speech.

Learn to activate and Engage Articulators with **Proper Placement for Clear Speech**.

Learn to **work Clear Articulation with Resonance** for professional speech.

Learn the **4 Powerful Elements of Inflection** that result in dynamic delivery.

Learn the **Levels of Emotion** in vocal tone for **Confident Communication**.

The 2 Day Workshop includes **Assessment & Coaching** on **Individual Speech Patterns and Habits** that may help or hinder the individual's **Personal Vocal Impact**

Join our Public Workshops individually or get a minimum of 10 colleagues or friends together (ideal maximum group size is 14) and book a session on a day/time of your choice.

Art of Voice™ Company Pte Ltd

Studio: 36 Purvis Street, #05-01, (188613) Tel: 6883 2331 / Fax : 6883 2580

Contact: Cheryl Fan, Personal Assistant at cheryl@artofvoice.com M:9638 5883

Jessica Seet, Founder/Voice & Speech Coach at jessica@artofvoice.com M:9337 5268

Web www.artofvoice.com

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