



## Live Coaching Notes 22nd January 2020

### 1. Welcome/Check-in

#### I mentioned some of the ways we can keep in touch:

**Weekly** - Coaching Sessions (Thursday, Friday & Saturdays), Live coaching on FB (Wednesdays), Weekly email (Sundays)

**Daily** - come over to the social pages for daily inspiration - Instagram/Facebook

<https://www.instagram.com/bignotesgetvotes/> / <https://www.facebook.com/bignotesgetvotes/>

#### Additional resources:

Your Dropbox folders with your videos & audio of previous sessions & resources

Marco Polo for check-ins of your Sirens or any questions that you may have. You can also Email/text/messenger/WhatsApp as well but do try Marco Polo! <https://www.marcopolo.me/>

Membership Hub - coming soon!!!!

#### 1. Daily Vocal Care Rituals

- Sirens (with tilt & silent giggle to help make the high notes easier) - do three times minimum, Singers Stretches (do these before our coaching sessions) - here are some links to video resources/reminders if you need them

1. [Sirens](#) 2. [Singer's Stretches](#) 3. [Silent Giggle](#) 4. [Speaking Voice Mindfulness](#)

- Posture Check - we will do this & assess if any additional stretches are needed
- Rag doll - always good to do before singing!
- Silent Giggle

We talked about effort levels (straining & pushing triggers false vocal fold constriction) & how you can use the silent giggle to release the FVF tension. We practiced false vocal fold constriction (straining to lift some heavy or push out a pool!), FVF de-constriction (silent giggle) & midline (normal breathing) position.

We checked in with this by listening to our breathing with our ears blocked. You will hear some noise as you are breathing normally on the outward breath. Remove any noise by silent giggling.

Block your ears & check!! Do this exercise every time you practice to check-in that you have control & the ability to retract those FVFs to make singing easier for yourself if they are out the way.

You can also practice training your false vocal folds by also controlling them on a vowel.

1. Normal AH
2. Constricted AH
3. Silent Giggle AH

Please do this every day when you wake & before gigs/recordings, rehearsals or practices or as often as needed.

If you want to use Voiceprint, here are some links:

**iPad** - <https://apps.apple.com/nz/app/voiceprint-estill-voice-training/id1222358365>

**PC/Mac** - <https://store.estillvoice.com/collections/clinical-software/products/voiceprint-plus-cd-mac-edition>

**Estill Voiceprint Intro video** - <https://www.youtube.com/watch?v=Le7FL3rFU54>

## Side Note

My Sirens were (start - highest note - end note) E4-D6-B3 for the first two & interestingly were F4-F6-B3 for the third where my effort levels were higher, however, I lost contact & there were "speed wobbles".

I will need to work on figuring out the right co-ordination & effort numbers to get those higher notes as ab F6 is AWESOME! Higher than I can do when singing but exciting to know my vocal folds can get there, I just need to workshop it a tad more!

## 2. Technique of the week

### Intro to the Fundamentals:

1. Goals of Vocal Coaching - to have a singer's toolkit to be able to make sound efficiently whilst promoting vocal health, stamina & longevity. How does it **feel**, sound & look is how we learn & track our voice development/skills.

2. Core Sound Production Components - **Power** = Breath / **Source** = Larynx & True Vocal Folds / **Filter** = Vocal Tract (throat, oral cavity, nasal passages)

- Breath (Power) draws the true vocal folds (TVFs) into vibration
- True Vocal Fold vibration (Source) generates a pitch & overtones
- Vocal tract resonance (Filter) processes the frequency components of the voice into patterns recognised as vowels, consonants & voice quality.

3. Intro to Effort - how hard are we working & where is the effort locus - how does it feel? The most comfortable vocal effort is what we are going for.

### Effort Levels

Talked about effort levels (straining & pushing triggers false vocal fold constriction) & how you can use the silent giggle to release the FVF tension.

Relax your abdominals when singing so they don't activate & trigger that effort response of FVF tension. Lean forward on a chair or desk to help disengage the abdominals in practice.

**Effort numbers** - Remember to assign an effort a number on a scale of 1-10. We want the effort to be at the most comfortable vocal effort wherever we are focussing on working (especially at the true vocal folds/source of the sound) & then releasing any unnecessary tension in the surrounding muscles.

Assign all effort levels a number & adjust based on what needs to come out/happen. Depending on the day & how comfortable an exercise becomes, you can adjust the number accordingly.

### Intro to Tonal Qualities

Speech, Twang, Falsetto (stiff fold even though I SAID thin fold!), Sob/Cry, Opera - we chat through these (& their application in speaking & singing). We will go into more depth about these tools/techniques in future sessions.

### Vocal Health Check-In

Read through your Vocal Health Tips for Singers e-book for more tips on keeping your voice healthy.

1. Hydration
2. Sleep
3. Nutrition
4. Vocal Rest

I want you to prepare all of these in advance of our sessions so that we can SMASH out our lessons & add new techniques or sing with a voice that is ready to work!

#### **4. Homework:**

1. Schedule three practice session in for the next week. Share when, where & what you are going to practice or focus on (songs/techniques)
2. Look back on the past 12 months & review:
  - How many gigs or live performance opportunities did you have? Was that good? Do you want more or less?
  - What songs did you find challenging & why
  - What songs did you love performing & why?
  - What is your creatives focus (goals) for 2020. If you need help with this, let me know if you want to do a creative workshop online so I can be available to you for feedback? Use the poll in the group or hit me up via email/text etc.
  - Pick 3 songs to song study over the next 3 months

Let me know the answers to the above questions if you want some feedback or accountability.