



Live Coaching Session Notes 15th January 2020

Daily Vocal Practices run through

- Sirens - use the checklist as a reminder (attached as a pdf file in Resources units tab)
- Singers Stretches - <https://www.youtube.com/watch?v=PagwNegZ-70>

Technique of the week - Creative Mindset & Identity Focus on:

Creative Energy - do/schedule your daily practices when your energy levels are high ideally. Work with your energy as opposed to against it & allow for downtime without beating yourself up!

Create Space - make space for practice & schedule it in your diary! Work out in advance when & where you plan to practice in the week ahead. Do your practices silently if you don't have a space you can make noise in, Miren your practices or find a rehearsal space to work in.

Create a Performance Opportunities - Song Studies or Live Performances - we will be covering a song in every session

Creative Identity - please know you are a badass & can do whatever you set your mind to. Decide who you want to be, believe & act into being that person. Your habits (aka daily practices) are the systems that will guarantee that outcome.

Extra resources to boost your mindset:

Book: Atomic Habits - James Clear

Blog: Seasons Of Creativity - <https://www.bignotesgetvotes.com/seasons-of-creativity/>

Extra actionables:

Re-do your Artists Questionnaire to assist with refocus your goals for 2020 - <http://bit.ly/BNGVArtistQuestionnaire>

Vocal Techniques Checklist (attached as a pdf file in Resources units tab) - go through & let me know what you have & haven't covered in our coaching so we have a game plan for future sessions.

Go back to your Dropbox folder & rewatch our coaching sessions If you want to book a session, here is my calendar link:

<https://bookme.name/BigNotesGetVotes/lite/vocal-coaching-session-in-person>

Any questions, please email me: cherie@bignotesgetvotes.com

Cherie xx