



Weekly VIPs Live Coaching Session Notes 29th January 2020

Actionables are marked out in red italics

1. Welcome/Check-in -

Refresher - what we have covered over the last few sessions (check the last coaching session notes/FB group/emails for specific links if needed)

- Creating a Creative Space, Energy & Mindset
- Review & Refocus - *Re-do your Artist Questionnaire & review past session vids*
- Daily Practices/Habits
 1. Sirens
 2. Singers Stretches (Posture Check, Rag Doll)
 3. Speaking Voice
 4. Silent Giggle
- Focus on - how does it feel, how does it sound, how does it look
- Vocal Health - Read through your Vocal Health Tips for Singers e-book for more tips on keeping your voice healthy.
 - a. Hydration
 - b. Sleep
 - c. Nutrition
 - d. Vocal Rest
- Fundamentals of Power-Source-Filter
- Effort Levels
- Schedule practice sessions - *did you get any practices done this week?*

Actionables from last week

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 creative 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

2. Daily Vocal Practices

Sirens - Reviewed with VoicePrint

Singers Stretches - check out the video in the group of additional stretches - advanced techniques - <https://youtu.be/UV9dITBgnpE>

3. Technique of the week

Assess Your Voice

1. Identify your default settings - breath/posture/tension/physical “tells”/vowel shaping - *video yourself & watch back!!* Book a song study if you need extra help.
 2. Set goals to adjust your default settings if they are not serving you THEN expand your voice.
 3. Vocal Range Assessment - Siren as a quick vocal range check (check your highest & lowest note with a piano. *Do a full run-through with all the vowels* & do live with a piano (download a digital one if you need it) - or use the YT vid that was demo'ed in the session - <https://youtu.be/9lejHKpfHso>
- *Jot down your vocal range =*

- Your sweet spot = this zone is where your voice is naturally strongest & you can use this information to put songs into the perfect key for your voice.

- *Jot down your range throughout the particular vowels ie; C3-F6:*

A - (as in father) =

E - (as in fair) =

I - (as in tea) =

O - (as in cozy) =

U - (as in rude) =

4. Live Coaching/Q & A

Extra Notes:

- Remember to give your vote to the poll as to how you would like to be reminded of the live coaching sessions - you'll find this in the FB group
- Check out the BeLive tutorial so you know how to get 1-1 live coaching - posted in the FB group
- The session notes & video replays will be posted on my website:
<https://www.bignotesgetvotes.com/live-coaching-session-29th-jan-2020/>
- Look out for the Scale of the Week coming via email on Sunday
- Next weeks session will focus on creating effective Practice Plans - adding in Scale of the week
- Reference ultimate singing development plan as a curriculum overview for these live coaching sessions & our coaching in-person
- Any Q's use the #question in the group or email me.