



Weekly VIPs Live Coaching Session Notes 12th February 2020

1. Welcome/Check-in

- The three singing questions I get asked the most revolve around:

1. Confidence in self & vocal ability - mindset is everything. Understanding your creative energy, ability & creating space for yourself in all areas, (within your practice, performance & the industry as a whole), help to build confidence in your vocal ability & your artistry. Remember, this whole singing development is not meant to be easy. It's going to be hard - there will be seasons & ups & downs but it's what you learn & how you apply it then refocus after reflecting & reviewing that will keep you moving forward. Use your creative mindset, space & energy mapping (aka tracking who you are, what you need to work on & where you are going as an artist)

2. How to hit high notes easily - make sure you know all the moving parts that you need to have in check - see the Vocal Techniques Checklist

3. How to avoid losing/damaging voice - track your vocal health with your Vocal Journal (use the template resource)

2. Technique of the week

Run through Practice Plan from top to bottom - see Practice Plan template resource

- Sirens check-in with VoicePrint
- Singers Stretches - I mentioned the app I use to stay motivated (Here's a link: <https://apps.apple.com/nz/app/stretching-sworkit-increase-flexibility-pilates/id1000737374>) but remember you can use my video & add in any other stretches that you may like/need, especially if you have any muscular issues. If you have a bad back/shoulders/neck, modify my stretches &/or add in stretches from your physical therapy as needed.
- Referenced & run through Scale of the week run through - Octave Arpeggio & 5 Note Scale

3. What's Next/Notes

- The session notes & video replays will be posted on my website:
<https://www.bignotesgetvotes.com/live-coaching-session-12th-feb-2020/>
- Look out for the next Scale of the Week coming via email on Sunday
- Next weeks FB live coaching session will focus on Power aka Breath Management for singing
- Any Q's use the #question in the group or email me!!