



Weekly VIPs Live Coaching Session Notes 5th February 2020

1. Welcome/Check-in

Last few weeks we have covered:

- Setting Performance Goals & (by reviewing past year/quarter of gigs &/or deciding what you want more of), then setting a focus for your vocal development & that becomes your practice focus/tasks
- Daily Vocal Care Rituals for maintenance & developing awareness around your body, energy levels & voice/vocal health in general ESPECIALLY effort levels (keep the effort at the most comfortable vocal effort at the level of the vocal folds)

2. Daily Vocal Practices

- Sirens - checked my Sirens with VoicePrint - spotlighted the ability to massage areas by isolating a few notes within your Siren to focus on.
- Singers Stretches - you have your Singer's Stretches vid & advanced stretches that I posted in the group. Today we added on additional ways to release tension:
 1. Breathe to release tension in vocal folds
 2. Massage face & lips (tension release in facial muscles)
 3. Walk briskly (tension release in breathing muscles)
 4. Roll tongue around teeth to release tension in the tongue
 5. Chew to release tension in the jaw
 6. Make short, soft vowels to release tensions associated with voicing
 7. Speak normally to release tensions associated with speech
 8. Siren through the song to release tensions associated with complex vocal tasks within the song
 9. Silent giggle - (tension release in false vocal folds)

3. Technique of the week

Practice Plan - refer to the pdf for a guide & a template that you can use to record your practice.

4. Live Coaching/Q & A's

Extra Notes:

- The session notes & video replays will be posted on my website:
<https://www.bignotesgetvotes.com/live-coaching-session-5th-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 Q & A, 1-1 live coaching if anyone is keen (get into it!!!) & maybe even a special guest!
- Remember to reference the 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!!