



## Weekly VIPs Live Coaching Session Notes 18th March 2020

### Technique of the week - Effective Rehearsal Strategies (including Song Study Checklist)

- Rehearsal is not practice - use your Song Study Checklist to prepare in advance of rehearsal times especially if you are working with a band
- Warm-up & warm down your voice - keep vocal health & efficiency of sound production at the forefront of your mind
- Monitoring - make sure you can hear yourself (use your own mic if hiring a rehearsal space) & be sure to ask band members to turn down if you need to.
- Practice with in-ear monitoring if you are using
- Practice mic technique
- Don't noodle - get set up & allow everyone a chance to set levels then quietly wait until things are ready.
- Set up as you would on stage if you are performance polishing
- Run the set from top to bottom
- Take notes/video & reflect after the rehearsal & if you have time review songs that need extra practice
- Rehearsal Spaces - there are a few good spaces - Penrose Underground, Creative House in Parnell, DeBase in Kingsland.
- Virtual rehearsal options -

### What's Next:

- Last weekly live session next week - Performance Tips - pre & post-performance rituals & managing performance anxiety.
- April = Get Gig Fit 30 Day Action Plan kick-off
- From May we will switch to monthly workshops - let me know if there is anything you want to deep dive into!
- Remember if you want a behind the scenes walkthrough of live-streaming & the tech that I use, I can do something for you!
- Any Q's use the #question in the group or email me!!
- Here is the link to this weeks session page:  
<https://www.bignotesgetvotes.com/live-coaching-session-18th-march-2020/>