

What kind of things will I learn in singing lessons with Kathy?



Voice, Speech & Performance Coach
Kathy Thompson

Lessons and Curriculum include (any or all of) these disciplines for singers through practice for vocal development:

- **Range Extension:** Low and high range
- **Pitch Placement:** Close or wide intervals, identifying intervals, ear training, accuracy, patterns
- **Vocal Practice Exercises:** Depends on student requirements. Includes listening skills.
- **Vocal Agility:** Flexibility
- **Connecting the Vocal Ranges**
- **Strengthening the Voice:** Proper placement of tension
- **Understanding Vocal Anatomy**
- **Performance:** Phrasing, timbre, stylization, interpretation
- **Diction:** Pronunciation, enunciation,
- **Vocal Health:** Stamina, daily vocal regime, warming up & warming down, optimal vocal performance for touring singers, food & beverages to avoid
- **Volume:** Increasing, accessing resonators, introduction to methods
- **Breathing:** Breath support, tone support, all aspects of breathing as it relates to singing
- **Repertoire Development:** Song / lyric / melody studies, delivering song in various styles, song selection
- **Confidence:** Eliminating stage fright, building self esteem
- **Mental Processes for Vocal Performance:** Practice ethic, connecting cognitive and neuromuscular systems, audience awareness, auditioning, memorization, focus, body language
- **Theory:** Chord structure, chord progressions, prosody, reading music, sight reading basics, tempos, rhythms, calligraphy, writing charts.

Lessons focus on:

- * Motivation, confidence
- * The *whole body* in relation to your instrument
- * The MIND affecting the voice; visualization
- * Understanding the physiology of phonation (sound production)
- * Building the proper muscles for optimal voice use and health
- * Physical fitness being a key for optimal sound production
- * Developing individual specific programs unique to YOU
- * Concentrating on strengths to encourage growth
- * Applying knowledge and new skill sets acquired through practice to performance
- * Discovering & embracing your own unique vocal qualities



If you sing quietly, remember that the loud vocal cords of an infant are only 3mm. long! As children we're conditioned to be quiet which can carry into adulthood. If someone speaks timidly it could be due to trauma, fear or low self-esteem issues.

The human voice is the only sound which emanates from us for the sole purpose of communicating. Voice work is remarkably empowering. If you don't like your guitar, you can return it to the store, but your voice will be yours throughout your life. Take action and learn more about your voice .

***SESSIONS MAY INCLUDE
THE FOLLOWING:***

Agility
Breathing
Confidence
Memorizing
Body Language
Intonation / Tone
Managing Tension
Science of Acoustics
Articulation & Diction
Phrasing / Dynamics
Plosives & Explosives
Performance / Presence
Stylization & Interpretation
Increasing Range & Power
Ear training for Accurate Pitch
Reading Music & Sight Singing
Voice Maintenance & Physiology
Foods & Beverages to Avoid
Warm-Ups & Work Outs
Maintenance Exercises
Theory & Harmony
Covering Breaks
Confidence

Resonance
Listening
Patterns

OPTIONAL: Writing charts, theory, calligraphy, repertoire,
chord progressions, basic songwriting, sight singing,
background vocals, auditions, session singing.