



8 WEEK

**VOCAL MASTERY: THE
ART OF POWERFUL
SPEAKING AND
PERFORMANCE**

BY ZENLIFE

Program Name: Vocal Mastery: The Art of Powerful Speaking and Performance

Trainer : Stephany Noëllis

Why Your Employees Will Thrive with This Program

In the fast-paced corporate world, effective communication is the backbone of success. Whether it's leading a meeting, pitching ideas to clients, or addressing a team, vocal mastery is a critical skill for enhancing productivity and building strong professional relationships.

Here's why enrolling in the **Vocal Mastery: The Art of Powerful Speaking and Performance** program is an investment in your employees' growth and your organization's success:

1. Elevate Presentation and Public Speaking Skills

Employees will learn to deliver presentations and speeches with clarity, confidence, and engagement. These skills will empower them to connect with audiences, whether they are presenting to stakeholders, leading workshops, or pitching innovative ideas.

2. Master Techniques for Professional Communication

The program equips employees with tools like vocal variety, script interpretation, and microphone techniques. This enables them to excel in diverse roles such as conducting meetings, hosting events, or delivering impactful webinars.

3. Enhance Voice Projection and Variation

Strong vocal projection and versatility are essential for

effective communication in meetings, conferences, and client interactions. Employees will develop techniques to project their voices with authority and adapt their tone for diverse professional scenarios.

4. Prioritize Vocal Health and Sustainability

For employees who rely heavily on their voices, maintaining vocal health is crucial. The program includes practical advice on preventing strain, sustaining vocal strength, and preserving energy during extended periods of speaking.

5. Boost Confidence and Presence

Confidence is a key driver of leadership. This program helps employees cultivate self-assurance and presence, ensuring they leave a lasting impression in any professional setting. They'll gain techniques to captivate their audience, command attention, and deliver messages with impact.

6. Personalized Development and Growth

The program offers one-on-one feedback from expert instructors, allowing employees to address unique challenges and refine their communication style. This customized approach ensures measurable improvement tailored to each participant's needs.

7. Foster Team Collaboration and Networking

By participating in this program, employees will not only develop individual skills but also build connections with colleagues and other professionals. This fosters collaboration, strengthens team dynamics, and creates opportunities for mutual learning and support.

Invest in Communication Excellence

Empowering your employees with advanced communication skills drives organizational success. With this program, your team will be better equipped to represent your brand, communicate effectively, and inspire confidence in every professional interaction.

8-Week Vocal Training Syllabus

Objective: To equip corporate employees with advanced voice techniques for public speaking, voice projection, and variation, enabling them to communicate with clarity, authority, and confidence. Participants will enhance their presentation skills, foster vocal versatility, and develop a commanding presence for impactful professional interactions.

Time frame: 1 hr30 min

Week 1

Foundations of Vocal Technique

Day 1: Introduction to Vocal Anatomy and Breathing

- **Overview of Vocal Anatomy:** Learn about the larynx, vocal cords, diaphragm, and how they contribute to vocal production.
- **Breathing Exercises:**
 1. **Diaphragmatic Breathing:** Place one hand on your chest and one on your abdomen. Breathe in deeply through your nose, ensuring your abdomen expands

more than your chest. Exhale slowly through your mouth.

2. **4-7-8 Breathing:** Inhale through your nose for 4 seconds, hold for 7 seconds, and exhale through your mouth for 8 seconds. Repeat 5 times.

Posture and Alignment

- **Posture Exercises:**

1. **Wall Exercise:** Stand with your back against a wall, heels, hips, shoulders, and head touching the wall. Align your body and hold for 2 minutes.
2. **Pelvic Tilt:** Stand with feet shoulder-width apart, slightly bend your knees. Tilt your pelvis forward and backward to find a neutral spine position.
3. **Shoulder Rolls:** Roll your shoulders forward and backward 10 times to release tension.

Basic Vocal Warm-Ups

- **Warm-Up Exercises:**

1. **Humming:** Hum a simple tune, focusing on resonance and smooth airflow. Start at a comfortable pitch and gradually move up and down the scale.
2. **Lip Trills:** Blow air through your lips to make them vibrate (like blowing raspberries). Start on a comfortable pitch and glide up and down the scale.

3. **Sirens:** Start from a low pitch and smoothly glide to a high pitch, then back down again.

Day 2: Articulation and Diction

- **Articulation Exercises:**

1. **Tongue Twisters:** Practice phrases like "Red leather, yellow leather," "Unique New York," and "Peter Piper picked a peck of pickled peppers" slowly, then increase speed.
2. **Exaggerated Mouth Movements:** Over-articulate words and sentences to stretch the mouth muscles and improve clarity.

Introduction to Resonance

- **Resonance Exercises:**

1. **Humming with Hand Placement:** Hum while placing your hand on your chest, throat, and head. Feel the vibrations in different areas.
2. **"Mmm" and "Nnn" Sounds:** Alternate between "mmm" and "nnn" sounds, focusing on nasal and head resonance.

Week 2: Breath Control and Vocal Health

Day 1: Advanced Breathing Techniques with Metronome

- **Breathing Exercises:**

1. **Sustained "S" Sound:** Take a deep breath and release it with a hissing "s" sound for as long as possible. Aim for 20-30 seconds.
2. **Breath Counting:** Inhale for a count of 4, hold for 4, exhale for 4, hold for 4. Gradually increase the count to 6, 8, and 10.

Vocal Health

- **Tips for Vocal Health:**

1. **Hydration:** Drink plenty of water throughout the day.
2. **Avoid Irritants:** Stay away from smoking, caffeine, and excessive alcohol.
3. **Vocal Rest:** Rest your voice when not in use, avoid shouting or whispering.

Projection Without Strain

- **Projection Exercises:**

1. **Yawn-Sigh:** Yawn widely and sigh out loudly, feeling the stretch and relaxation in your throat.
2. **"Ha" Exercise:** With strong breath support, say "ha" from your diaphragm, projecting your voice without pushing.

Day 2: Vocal Variety and Dynamics

- **Variation Exercises:**

1. **Pitch Glides:** Glide from low to high pitches on a vowel sound like "ah" to explore your pitch range.
2. **Volume Control:** Practice speaking at different volumes, from whispering to shouting, maintaining clarity and control.
3. **Pace Variation:** Read a passage, alternating between slow, medium, and fast paces.

Practical Application: Public Speaking

- **Speech Practice:** Choose a short speech or presentation. Practice focusing on breath control and projection.

Homework : Record yourself and assess clarity, volume, and pace.

- Rest and Review
- Rest the voice to avoid strain.
- Review key concepts and practice the exercises learned throughout the week.

Week 3: "Mastering the Art of Vocal Expression: Techniques for Dynamic Performances"

Day 1: Introduction to Voice-Over

- **Types of Voice-Over Work:** Explore different genres such as commercials, narration, animation, and audiobooks.

- **Essential Skills:** Emphasis on clarity, expression, consistency, and character development.

: Script Analysis and Marking

- **Script Analysis Exercises:**

1. **Breath Marking:** Mark places in the script where you will take breaths.
2. **Emphasis Marking:** Highlight words and phrases that require emphasis or emotion.

Classwork: on spot practice.

Day 2: Vocal Color and Characterization

- **Characterization Exercises:**

1. **Character Voices:** Practice creating different character voices by altering pitch, pace, and resonance.
2. **Emotion Variation:** Read the same sentence expressing different emotions like happiness, anger, sadness, and surprise.

Microphone Techniques

- **Microphone Practice:**

1. **Distance and Angle:** Practice speaking at different distances (2-6 inches) and angles (directly in front, slightly off-center) from the microphone.
2. **Popping Sounds:** Use a pop filter and practice reducing plosive sounds (p, b, t) by adjusting your mouth position.

Homework: Recording and Playback

- **Recording Exercise:** Record a sample voice-over script. Listen to the playback, noting areas for improvement in clarity, expression, and consistency. Seek feedback if possible.

Rest and Review

- Rest the voice to avoid strain.
- Review key concepts and practice the exercises learned throughout the week.

Week 4: Voice Projection for Stage and Screen

Day 1: Introduction to Voice Projection

- **Projection Differences:** Understand the differences between stage and screen projection. Stage requires louder, more projected voice; screen often requires subtler, controlled projection.

Voice Projection Exercises

- **Projection Exercises:**

1. **Resonance Humming:** Hum with your mouth closed, focusing on chest and head resonance.
2. **Vowel Projection:** Practice projecting vowels (a, e, i, o, u) across the room without straining.

Addressing Large and Small Audiences

- **Audience Adaptation Exercises:**

1. **Large Audience Practice:** Practice a speech imagining a large audience, focusing on clear, loud projection.
2. **Small Audience Practice:** Practice a speech imagining a small audience, focusing on intimate, conversational tone.

Day 2: Using Space and Acoustics

- **Space Utilization Exercises:**

1. **Room Exploration:** Practice speaking in different rooms with varying acoustics to adapt your voice projection.
2. **Echo Reduction:** Learn to minimize echo by adjusting your voice and position in the room.

Practical Application: Monologues

- **Monologue Performance:** Choose a monologue and perform it, focusing on projection and presence.

Homework: Rest and Review

- Record and review the performance, noting areas for improvement.
- Rest the voice to avoid strain.
- Review key concepts and practice the exercises learned throughout the week.

Week 5: Advanced Vocal Variation and Emotional Expression

This session focuses on enhancing the ability to convey emotions effectively through your voice and body language.

Day 1: Exploring Emotional Range

- **Emotion Exercises:**
 1. **Emotion Reading:** Read a passage expressing different emotions such as joy, sorrow, anger, and excitement.
 2. **Mirror Exercise:** Practice expressing emotions in front of a mirror to connect facial and body expressions with vocal tone.

Day 2 Vocal Improvisation

- **Improvisation Exercises:**

1. **Random Scenarios:** Create and vocalize short scenes based on random scenarios (e.g., "You're lost in a forest," "You're celebrating a win").
2. **Sound Improvisation:** Make sounds representing different emotions, environments, or actions (e.g., laughter, wind, footsteps).

Week 6: Advanced Character Work

Day 1: Character Development Exercises:

1. **Character Monologue:** Create a character and perform a monologue in that character's voice, focusing on consistency.
2. **Backstory Creation:** Develop a backstory for your character to inform their vocal choices.

Day 2: Integrating Gesture and Movement

• Body and Voice Coordination Exercises:

1. **Gesture Practice:** Pair specific gestures with vocal lines to enhance expression and emphasize key points.
2. **Movement Flow:** Practice fluid, intentional movements to align physicality with vocal delivery, creating a cohesive and engaging presence.

3. **Spatial Awareness:** Use the stage or performance area effectively by practicing dynamic positioning, balancing stillness and motion to convey meaning and maintain audience engagement.

- **Expressive Movement Techniques:**

1. **Emotion Through Motion:** Experiment with body language that matches the emotional tone of your delivery, reinforcing mood and intention.

2. **Choreographed Gestures:** Incorporate deliberate, rehearsed gestures that align with specific vocal phrases to enhance clarity and impact.

3. **Energy Levels in Movement:** Practice adjusting your physical energy to suit various scenarios, such as intimate storytelling or energetic presentations.

- **Feedback and Refinement:**

1. **Partner Exercises:** Work in pairs to observe and critique each other's gesture and movement integration.

Homework: Record and review performances to refine gestures, movements, and voice coordination for maximum effectiveness.

Week 7: Advanced Vocal Variation and Emotional Expression

Day 1: Integrating Gesture and Movement (Continued)

- **Body and Voice Coordination Exercises:**

1. **Gesture Practice:** Pair specific gestures with vocal lines to enhance expression.
2. **Movement and Speech:** Walk around the room while delivering lines to practice maintaining vocal quality with movement.

Practical Application: Scene Work

- **Scene Performance:** Choose a scene with a partner and perform it, focusing on vocal variation and emotional depth. Record and review the performance.
- **Feedback Session:** Provide and receive peer feedback on the performance, focusing on voice and emotional expression.

Mastery and Performance

Day 2: Personal Voice Assessment

- **Self-Assessment:**

1. **Strengths and Areas for Improvement:** Reflect on your vocal strengths and areas that need further work.

2. **Goal Setting:** Set personal vocal goals for continued practice and improvement.

Final Practice and Polishing

- **Intensive Practice:** Choose pieces (speech, monologue, voice-over) to practice intensively.
- **Polishing Techniques:** Focus on refining articulation, projection, emotional expression, and character consistency.

Week 8: Performance Day

- **Showcase Final Performances:** Perform your prepared pieces (public speaking, monologues) in front of the audience.
- **Recording and Review:** Record your performances for later review and self-assessment.

Feedback and Reflection

- **Group Discussion:** Discuss performances as a group, providing constructive feedback and reflecting on individual progress.
- **Instructor Feedback:** Receive detailed feedback from the instructor on strengths and areas for further improvement.

Final Review

- **Reflect on Progress:** Reflect on your overall progress and plan for continued practice beyond the course.

Note: Consistent practice, vocal rest, and hydration are crucial throughout the course. Regular self-assessment and constructive feedback from peers and instructors will enhance the learning experience.