

Sample Voice session with Ralph Allwood

Half day of 1 hour 30 minutes

Standard Requirements:

Spacious room with moveable furniture

PowerPoint/Presentation facilities

Pencils and paper

- 11.00 – 11.05 Introduction to origins of language and gesture, plus examples of what makes a good orator. (Use of PowerPoint as visual aid.)
- 11.05 – 11.15 Physical stretches, vocal warm-ups with gestures, breathing techniques.
Expansion of the voice and exploration of vocal limits using gestures
- 11.15 – 11.30 Speech preparation, including breathing techniques, posture, use of the voice and techniques to conquer nerves in relevant situations.
Paired exercises relating to the work place, exploring and fine-tuning vocal intonation for the purpose of communicating clear intentions.
- 11.30 – 11.55 Explanation of the importance of musical phrasing when speaking, for maximum effect (supplemented by PowerPoint)
Delegates read poetry extract in own time following natural breathing patterns, and share with the group.
Pairs use new techniques of phrasing, breathing and pitch of voice to give power to their reading, giving each other constructive criticism.
Leader and delegates evaluate speech changes and improvements.
- 11.55 – 12.10 Explanation about the connection between speech and singing, and the translation of singing performance techniques into work presentations.
Delegates sing a well-known song in unison, using gesture for emphasis.
Delegates learn a new song by copying gestures and adopting the melody.
The song is enriched with musical phrasing, volume dynamics, vocal expressiveness and correct breathing and posture.
Presentation and communication techniques are applied to create a professional and convincing performance.
- 12.10 – 12.20 Individuals transfer the skills they have learnt to present a short speech, and evaluate development of skills.
- 12.20 – 12.30 Plenary consolidating learning, evaluation of session and handouts for each delegate with advice and tips on presentations, communication, posture and breathing. Leader gives discrete development points for each individual.

Client feedback for this workshop:

'Very unique and unexpected, which surpassed all expectations of a normal presentation workshop.'

'There was a clear link between singing and presentation and voice projection in the workplace.'

'Loved it – it should be compulsory everyday! Makes you feel good.'

'A delightful experience.'

'Ralph was so stimulating and encouraged us to let go!'

'(I learnt) key steps to overcome nerves/have more confidence.'