

„Voice emission: how to take care of our voice and use it properly”

Course description:

Voice emission training is designed for people whose work is largely connected with voice usage (for example teachers, managers, lecturers, traders, spokespersons, journalists, politicians).

Acquired skills:

- they know how to take care of the voice in order to avoid voice strain
- they are able to prepare themselves to work with their voice
- they are able to speak so that people could hear them (the right volume)
- they know how to modulate their voice freely to influence the public
- they speak more clearly

Training program:

1. Theoretical part of voice emission training

- Vocal instrument structure and sound production
- Proper breathing and "right" voice
- Principles of a healthy voice maintenance
- Relaxation as the basis for working with voice
- Basic principles of Alexander's Technique
- Voice as the "inner child" and as an expression of human personality

2. Practical part (exercises to work with voice) of voice emission training

- Relaxation
- Preparing vocal instrument (warm-up)
- Breathing exercises
- Diction exercises
- Exercises using imagination

Methodology:

During the training we use the following training methods:

- mini lectures - Power Point presentations
- team games and group exercises
- open discussion
- role plays
- working with the video camera and analysis of the obtained information
- mini training films

Organizational information:

Number of training hours: 6 hours / 1day

Time of training 9:15-15:15

Place of training: Łódź, Piotrkowska 125 – KM Studio - trainings