

## From the Stage to the Office: Vocal Health Tips and Tricks for the Professional – Presentation Outline (Copyright 2020)

As a professional opera singer, actor, and voice and piano teacher, I rely on my voice for almost everything I do. I speak and sing all day, every day, and I am considered a “heavy-load user”. I understand how difficult it is to use your voice all day, and speaking online can add extra stress and fatigue for your voice. In this presentation, I will provide you with tips and tricks to maintain good vocal health and stamina throughout the day, whether you’re in a traditional office, or a virtual office.

- 1) **Breath:** Learning to breath without tension – and with your entire body – so that your voice is well-supported for increased stamina.
- 2) **Posture:** Your posture IS your breath – i.e., you can’t practice good vocal health without the proper alignment of your body.
- 3) **Onset of Sound:** The breath always needs to begin and end every sound you make. We’ll discuss how to produce safe and healthy onsets and releases when you speak.
- 4) **Stretching and Positioning:** Take the time to reset during periods of rest. Any muscles that get tight can negatively affect your ability to take a healthy, well-supported breath (which can lead to vocal tension).
- 5) **Tips and Tools:** I’ll share the habits and devices that professional voice users swear by for their vocal health and maintenance.
- 6) **Exercises:** Athletes always warm up – they don’t just jump into their main event – they stretch, test out their skills, etc. When you are a heavy-load voice user, you are a vocal athlete. We’ll find what exercises that work best for your voice and schedule.

*You only get one voice in your life – you must use it wisely!*

