



VOCAL COACHING - PROFESSIONAL DEVELOPMENT DAY

ADDITIONAL COURSE INFORMATION

Sally Stanton is a specialist in vocal technique and health. After suffering an injury early on in her singing career, she found her passion in helping others build their voices safely and supporting those with vocal injuries. Sally has dedicated the past 20 years to learning a range of methodologies and techniques in vocal health and has extensive experience working with singers of all ages and abilities from across the globe. Her student base includes those just starting out on their singing journey to professional recording artists, as well as singing teachers and vocal coaches.

Sally will be bringing you all of her tried and tested approaches to vocal training and recovery to help you get the best out of your own or your students voice; providing up to date advice and guidance on vocal recovery and rebuild as well as maintaining a strong, powerful and healthy voice.

As a professional singer, teacher or professional voice user - your voice is your career and to put it simply, it's your money maker! Join us to learn how to ensure your voice is always reliable for your career and not just the next set! There have been many advancements in our understanding of the voice and vocal technique even in as little as the past 5 years and this day brings together the tools required to ensure that you remain up to date on current trends and approaches in the vocal training world. Areas covered will include working with changing voices (young and old), transgender voices, and voices going through hormonal changes. We will also look at the most common vocal problems and ways to tackle them using tried and tested approaches that help you get the most out of your own voice and that of your singers!

We will also bring you all the up-to-date guidance on vocal health, how to train and maintain both your voice and your singers' voice in a safe and reliable manner, recognise the warning signs and what to do if you think you or your singers' voices are suffering!

Topics will include:

- Improving range, stamina, power, and flexibility
- Identifying common voice issues and applying "Quick Hacks" to overcome them
- Building and maintaining your voice
- Increase your range, power and stamina





Charlie Fletcher is an experienced community musician, guitarist, percussionist, and workshop leader who has taught in both formal and informal education settings. He previously had a successful career in business and IT before moving into arts and culture in 2005.

He is a veteran of over 1500 workshops; delivering to both young people and adults on a range of topics from music, film, and visual arts to evaluation, bid writing, events and project management.

In 2007 he completed a postgraduate diploma in World Music Studies undertaking fieldwork in The Republic of The Gambia and in the same year co-founded Big Noise Community Samba band, which he led for 10 years.

In 2008 he co-founded the UVG music charity (www.theuvg.co.uk) and has taken the organisation from its small beginnings in 2008 to what is now a major provider of free to access non-formal music activities for young people in the Portsmouth area. In 2013 Charlie was invited to Buckingham Palace in recognition of his work with the UVG and in 2018 was co-recipient of a Civic Award from Portsmouth City Council.

Charlie will cover some of the common areas of running a workshop together with tips and tricks gained over the past decade and a half to help you deliver fun, informative, dynamic events.

Topics will include:

- Planning
- Tech
- Setting the scene
- Facilitation
 - The role of performance
 - Use of space
 - Group dynamics
 - Learning Styles
 - Icebreakers - how and when to use them
- Evaluation

