Vocal Coach

Interaktive Stimmbildung

Neues erfahren - freier agieren



Keep Your Voice Strong!
Functional Body and Voice Development for Teachers

The voice is a teacher's most important tool, yet it is also subject to constant, heavy strain. In this practical online workshop, you will learn how posture, movement, breathing, and vocal production interact, and how to use your voice in a healthy, resonant, and efficient way.

Through body- and sound-oriented exercises, you will develop greater self-awareness, release unnecessary tension, and discover how to achieve greater vocal presence with less physical effort. At the same time, you will strengthen your resilience in your daily work and prevent vocal fatigue and stress-related ailments.

Julia Kokke M.A.
Sprachwissenschaftlerin

Graebeweg 24
D-31737 Rinteln

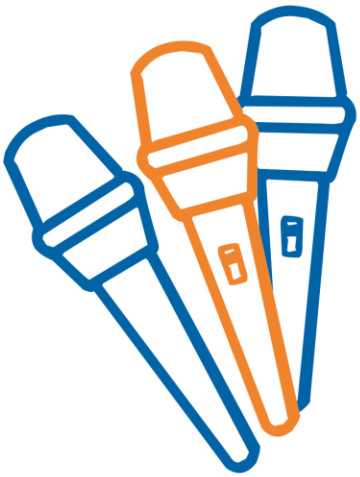
Kontakt
Telefon +(49) 05751 8791868

E-mail info@JuliaKokke.de
Internet www.JuliaKokke.de

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Content:

- The connection between posture, stress, and vocal health
- Fundamentals of functional voice development
- Movement and relaxation exercises to relieve strain on the neck, back, and voice
- Developing sustainable vocal habits and self-care practices
- Strategies for demanding speaking situations in the school environment

Benefits:

- Greater vocal projection and flexibility
- Reduced tension and vocal strain
- Improved self-awareness and stress regulation
- Sustainable tools for a healthy teaching career

For teachers who want to stay healthy, maintain their presence, and keep their voices strong in the long run.

Formats:

Live online workshop
In-person workshop
Blended learning workshop
In-person lecture
Online lecture

Available as a standalone session or as a module within a multi-part professional development series.

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