Vocal Coach

Interaktive Stimmbildung
Neues erfahren - freier agieren



Maintaining Composure and the Ability to Act Under Stress
Strengthening Self-Regulation and Professional Presence Through Body-Oriented Voice Training

Whether in meetings with the public, professional discussions, presentations, conflict scenarios, or high-stakes decision-making situations, a confident and professional demeanor is closely linked to one's physical and mental state. Especially under time pressure, heavy workloads, or challenging communication situations, the ability to remain calm, present, and capable of taking action is essential.

A resonant and convincing voice does not originate solely in the larynx; rather, it emerges from the interplay of the entire organism. Tension in the neck, back, jaw, or shoulders—as well as stress and feeling overwhelmed—directly affects voice quality, breathing, concentration, and one's personal presence.

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This workshop provides practical methods to sustainably strengthen your presence, resilience, and communication skills. Through mindfully guided movement lessons, body-oriented awareness exercises, and functional voice development, participants learn how to reduce unnecessary tension, improve their physical organization, and remain centered—even in demanding situations.

Functional Body and Voice Development (FKS) supports the nervous system's capacity for self-regulation and flexible response to challenges. By directing conscious attention toward movement, ingrained habits become visible, opening up new possibilities for action. This not only fosters physical mobility and well-being but also supports mental processes such as concentration, self-regulation, perception, decision-making, and stress management.

FKS can be understood as a key competency for the modern professional world: it strengthens one's ability to remain capable of taking action even under pressure, to consciously shape the impact one has on others, and to purposefully develop personal resources. It offers an effective approach for expanding existing skills and unlocking new potential in the areas of communication, presence, and professional conduct.

The core focus is on perception. Those who learn to consciously alter the quality of their movements often gain greater ease, stability, and a wider range of action in their daily professional lives. This has a direct impact on one's voice, expression, and overall demeanor, as well as the ability to act with composure, even in stressful situations.

Key Focus Areas

- Developing a professional and authentic presence through improved body awareness and self-perception
- The interplay between posture, movement, voice, and the impression one makes
- Relieving tension in the neck, back, shoulders, and jaw
- Regulating the nervous system and managing stress
- Enhancing concentration, presence, and mental flexibility
- Functional voice development and efficient, effortless speaking
- Expanding personal action-oriented and communication skills
- Resource-focused self-care in the workplace
- Preventing physical and vocal strain

Formats: Live online workshop, In-person workshop, Blended learning workshop, In-person presentation, Online presentation. Available as a standalone session or as a module within a multi-part training series.

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