Vocal Coach

Interaktive Stimmbildung

Neues erfahren - freier agieren



Voice and Presence in the Workplace
Communicating with a healthy, clear, and impactful voice

Whether speaking with colleagues, talking on the phone, participating in meetings or video conferences, or addressing an audience, our voice and physical presence significantly influence how we are perceived—in terms of presence, clarity, and persuasiveness.
This seminar is therefore not aimed solely at those who frequently give speeches or presentations; it is designed for any professional wishing to further develop their voice, vocal expression, and personal presence in their daily work life.

In this workshop, participants learn to use their voices more consciously and speak more dynamically, while also maintaining vocal health and efficiency. The goal is not to adopt a specific "announcer's voice," but rather to cultivate one's own voice in terms of its natural expressive power, projection, and versatility.

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The workshop is based on the principles of **Functional Body and Voice Development** (FBV). Simple, practical exercises for voice and ear training help participants develop a vocal sound that is both present and resonant, while requiring minimal physical effort. At the same time, participants gain insight into the physical and vocal processes that influence clarity, expression, and vocal radiance.
Another key focus is the interplay between voice, body, content, and personal stance. This opens up new possibilities for presenting oneself with greater confidence and flexibility, even in challenging communication situations.

Workshop Content

- Vocal expression: targeted use of emphasis, intonation, pace, and pauses
- Vocal quality: developing presence, clarity, warmth, volume, dynamics, and appropriate loudness
- Vocal efficiency: speaking with resonance and expressiveness while minimizing effort and preventing vocal fatigue
- Body language: developing natural facial expressions and gestures that suit one's personal style
- Physical presence: relaxation and flexibility techniques for a confident demeanor, drawing on methods such as Feldenkrais and the F. M. Alexander Technique
- Confidence in speaking situations: managing tension, breathing issues, and mental blocks more constructively
- Content and expression: exploring various ways to convey a message through voice and body
- Improvisation: experimenting with different speaking roles, target audiences, and attitudes

The exercises can be directly applied to various professional situations, such as conversations, phone calls, meetings, video conferences, presentations, and public speaking engagements. The seminar is suitable for both experienced speakers and those with little prior experience in voice or presentation training. No prior knowledge is required.

Formats:
Live online workshop
In-person workshop
Blended learning workshop
In-person lecture
Online lecture
As a standalone session or as a module in a multi-part training series.

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