Choral Directors’ Guide to Singing

Choir Directors – here is a chance for you to find out what’s actually going on with your singers’ voices. With a more accurate knowledge of vocal function and technique, you will be in a far better position to advise and adjust the singing sound. This two-day course will give you a firm foundation in the knowledge and skills necessary to get the most out of your choir. We will also cover vocal changes across the lifespan, warm-ups (what are we warming-up and how) and some essential information on vocal health.

Day 1

**A basic introduction to how the voice works**
Postural alignment and balance
Breath management
The larynx and the vocal folds
The vocal tract: jaw and tongue

Day 2

**A Lifetime of Healthy Singing**
Vocal development of children: limitations and possibilities at each age
Adolescent voices: recognising the stages of voice change in boys’ voices, teenage girls’ voices
Voice changes through the adult lifespan: menopause and ageing
Warm-ups: what are we doing and how
Learning and habit-forming; motor learning skills
Vocal health: looking after the voice in sickness and in health