

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