



# Work In Harmony

Workshop Syllabus

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**Warm-up: to be done before every time you sing**

**Optimal preparation before embarking on any new project is key to success. Participants learn techniques to concentrate, prepare, and get energized to take on new challenges.**

## **Exercise Set 1. Correct Breathing Technique/Building Vocal Facility**

**Good communication among team members and a stress-free working environment generate achievement and productivity. Correct Breathing techniques aid in building both. A "we're all in this together" approach encourages them to take part and bring their skills to the table.**

1. Deep breathing correctly.
2. Begin to work with making a tone on a vowel (Two finger rule [you should be able to put the tips of your index and middle fingers vertically between your teeth during any vowel being sung])
3. Sing with adding consonants
4. Build facility with speaking

## **Exercise Set 2: Supporting tones**

**The techniques of providing physical support to tones apply equally to individual team members as well as to the entire team.**

1. Supporting tone with your breath

## **Exercise Set 3: Vocal quality**

**Proper application of vocal technique provides a crucial link between the creative process and the communication of new ideas. These techniques generate confidence, creativity, and certainty.**

1. **Pitch: difference in vibrations (Use face, e.g. eyebrows, smile. Tricks and hints.)**
2. **Resonance: head, chest, falsetto (resonators: larynx, pharynx, bronchials, sinuses, nose, neck, chest cavity, cranial cavity)**
  1. **Placing voice and where you imagine it (ahs)**
3. **Listen to yourself (Stand with one hand held out about four inches away from your mouth. Point your palms slight to one side and then on that side, place your other palm next to your ear.**
4. **Dynamic quality (importance of breath when singing quietly)**

#### **Exercise Set 4: Singing with Others**

**Proper application of vocal and listening techniques provide a crucial link among the creative process, generation of new ideas, and the confidence to express them to the team. Participants learn how to listen to themselves and also to each other to ensure that each contribution works both individually and for the group.**

##### **1. Blend**

- 1. a. Circle exercise focus in and listen to each other. Sing to a common focus. 1**

**These techniques generate confidence, creativity, and the desire to achieve. Team members also support and encourage each other to learn, grow, and strive for success.**

##### **1. Intro to harmony**

- 1. Connection through harmony exercise**
- 2. Moving notes (group a. G, F#E F#. Group b. D A D. Group c. D B A)**

#### **Exercise Set 5: Caring for Your Voice**

**Attention paid to self-care provides motivation for productivity and success.**

