



Vocal Coaching Techniques Checklist

- Vocal Health Tips for Singer's e-book (pdf resource)
- Vocal Health - hydration formula/sleep/nutrition check-in
- Vocal Health - ongoing voice "issues" chat ie: reflux/throat clearing/hoarseness
- Vocal Health - meds check-in
- Daily Rituals - Singer's Stretches
- Daily Rituals - Sirens
- Daily Rituals - Silent Giggle = False Vocal Fold (FVF) Control
- Daily Rituals - Speaking Voice Mindfulness
- Technique focus - Intro to Tonal Qualities/Primal Sounds
- Technique focus - Effort Levels & FVF
- Technique focus - Effort Numbers
- Technique focus - Breath Management
- Vocal Exercises - Vocal Range Assessment
- Vocal Exercises - Warming up using Mirens
- Vocal Exercises - Vocal Workouts (mp3 of 6 vocal workouts)
- Vocal Exercises - Cooling Down with Reverse Sirens
- Vocal Exercises - Vocal Rest
- Techniques focus - Tonal Qualities sing through - Speech Quality
- Techniques focus - Tonal Qualities sing through - Twang
- Techniques focus - Tonal Qualities sing through - Falsetto
- Techniques focus - Tonal Qualities sing through - Opera
- Techniques focus - Tonal Qualities sing through - Sob/Cry
- Techniques focus - Tonal Qualities sing through - Belt
- Goals/Planning/Practice - Vocal Goals
- Goals/Planning/Practice - Vocal Journal
- Goals/Planning/Practice - Practice Plan
- Goals/Planning/Practice - Song Study workshopping (checklist)