

SINGTIVATE



YOUR GUIDE TO THE 7 STEP ZARA MCFARLANE VOCAL COACHING METHOD©

THE VOCAL TECHNIQUES

1. STANCE

The way we stand can create an impact and command attention from a room before we even speak or sing.

We explore stances that help you to engage a room and command attention using your body alone.



2. SUPPORT

Good breath support is fundamental to delivering pitch, power, projection, range, long notes, versatility in your voice and so much more. It can also help relieve anxiety in everyday life.

We explore breathing techniques that aid your singing as well as support you in your every day life.



3. SOUND

Singing in its most basic form is making sounds with your voice. If you can make sounds with your voice then you can learn to sing!

Alongside traditional vocal exercises you will get playful with your voice, exploring singing as sound to free up your unique voice and express yourself.



4. ENGAGE

Great performers deliver emotionally engaging performances.

Learn how to connect to your emotions, and the emotions of a song to deliver emotionally engaging performances everytime.



5. EXPRESS

Great performers know how to dig deep, let go and stay in the moment when performing.

Learn techniques to keep you focused, in the moment and connected so you can express yourself and emotions freely and genuinely in front of an audience.



6. EXCHANGE

Great performers know how to communicate effectively with their audience and take them on an emotional journey.

Learn techniques to give you confidence when speaking in front of an audience and get them to do what you want them to do in the moment.



7. FEAR AND FOCUS

Singing, speaking and performing in front of an audience can be nerve-wracking no matter how experienced you are. Many things such as bad news, tiredness, or illness can affect your performance.

Learn helpful techniques to keep your mind focused and relaxed during high pressure and difficult moments.



THE PERFORMANCE TECHNIQUES

MINDSET COACHING

WITH MULTIPLE PROGRAMMES TO CHOOSE FROM INCLUDING: 1-2-1, BUSINESS, WELLNESS AND EDUCATION. GET IN TOUCH FOR YOUR FREE ONLINE DISCOVERY CALL TO FIND OUT THE RIGHT PROGRAMME FOR YOU!