

Free Voice

Emotional Intelligence Through Voice

Course Outline

COURSE TITLE: Find Your Voice: Back to work	
Instructor Name	Susannah Lathlean
Contact	0412 789 134 hello@freevoice.com.au
Course Duration	5 days 9am-2pm (2 x 30 min break). Week 1: Mon Tues Wed. Week 2: Mon, Tues.
Location	TBA
Max Participants	12

Requirements

Large room where moderate sound can be made
Tables and chairs that can easily be moved

COURSE INFORMATION/DESCRIPTION OF THE COURSE

This course is tailored to individuals aiming to transition back to work after extended unemployment with greater confidence, interpersonal communications skills, emotional intelligence, self-compassion. Through interactive skill building, participants explore and develop their voices for personal and professional growth and communication. A variety of learning methods will include educational activities, techniques and games that cultivate a strong and supported voice while participants learn strategies and techniques aimed at enhancing self-confidence, creating a safe internal environment to manage anxiety, tame the inner critic, nurture skills in self-compassion, and devise personalised approaches for emotional management.

LEARNING RESOURCES

Find Your Voice: Back to work Workbook – A reflective and educational resource
Various segments of Ted Talks and educational voice/breathing video's
Mindset text- Carol Dweck
Poly Vagal Card Deck and education sheets – Deb Dana
Voice Exercises
Song Lyrics/Poetry
Varied Music

COURSE LEARNING OUTCOMES

Learning Outcomes questionnaire distributed at the beginning and end of course to gauge effectiveness.
At the end of the course participants will be able to:

- Develop a strong connection with genuine vocal sound confidence by grasping the fundamental principles of vocal apparatus physiology.
- Demonstrate adeptness in applying tailored interpersonal communication strategies across diverse interview scenario situations.
- Acquire personalised and effective techniques to navigate stress and anxiety using a hands-on comprehension of polyvagal theory.
- Discern the inner critical voice, recognising individual cues that promote self-compassion and personal well-being.
- Identify personal resilience and cultivate a growth-oriented mindset to facilitate a smoother transition back to the workforce.



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Forest Park, Tamborine Mountain

Module 1 – Day 1

Session 1

Establishing Connection and Personal safety: Introducing the Power of Voice

- Welcome and Introduction.
- Learning Outcome Questionnaire.
- Workbook Orientation: Familiarising participants with the course materials and structure.
- Embracing Individual Narratives. Recognising that everyone brings a unique story.
- Setting Group Rules.
- Setting Personal Objectives: Opening discussion about individual goals for the course.

Session 2

Exploring Self-Awareness and Emotional Intelligence through Breath and Vocal Support

- Fundamentals of Breathing Physiology: Understanding the connection between the respiratory system and vocal sound, and its influence on the relaxation response.
- Practical Exercise: Accent Method Breathing Technique – Enhancing vocal support, promoting smooth breath flow, and encouraging the relaxation response.
- Semi-Occluded Vocal Exercises (Using a Bottle and Straw): Hands-on experience of how abdominal/diaphragmatic breathing enhances vocal projection and heightens self-awareness and vocal self-confidence.

Module 2 – Day 2

Session 1

Strategies for Easing Speaking Anxiety: Discovering Inner Security in both Self and Voice

- Icebreaker Activity: Vocal exploration through play.
- Recap and Reflect: Revisiting Day 1 – Nurturing self-awareness and relaxation response, and supported vocal sound, through abdominal/diaphragmatic breathing.
- Introducing the Autonomic Nervous System: Basics of interoception and neuroception.
- Introducing Polyvagal Theory: Practical exercises and activities to introduce ventral vagal, sympathetic, and dorsal vagal nervous system states.
- Personalised Safety Cues: Recognising individual signals for emotion regulation.

Session 2

Vocal Techniques while Exploring the Motivations of the Inner Critic and Building Skills of Self Compassion

- Exploration and Identification: Engaging activities to introduce the inner self-critic and the inner compassionate voice.
- Vocal Skill Development and Self Compassion: Learning skills of self-compassion while practicing breathing techniques to strengthen and support voice.
- Discovering the connection between the self-critical voice and sympathetic nervous system activation.
- Promoting Inner Safety and Harmony: Guided vocal and breathing exercises to recognise and cultivate the relaxation response through breath and vocal techniques.



Module 3 – Day 3

Session 1

Empowering Strategies for Overcoming Speaking Anxiety – Exploring Inner Security in Self and Voice

- Interactive Icebreaker - music, vocal play, and connection.
- Reflection and Revisiting: Review of Day 2 – recognising nervous states and exploring and practicing personalised safety cues.
- Shifting Perspectives with Self-Compassion: 'Flip It' Exercise – Identifying the inner critical voice and transforming it into an inner compassionate voice.
- Pair to group discussion – interview experiences, introducing mindset perspectives.

Session 2

Exploring the Individuality of Every Voice

- Distinct Vocal Identity: Recognising the presence of everyone's unique vocal print.
- Foundations of Vocal Physiology: Exploration into the basic mechanics of voice production through educational videos.
- Engaging in Vocal Interaction: Playful and interactive approaches to enhance and fortify vocal expression and active listening while simultaneously nurturing insight into nervous system states, internal critic awareness, and self-compassion.

Module 4 – Day 4

Session 1

Cultivating a Genuine Connection with Authentic Voice

- Vocal Play and Connection Icebreaker to build interpersonal communication and active listening skills.
- Reflecting on Growth: Open discussion about inner critic and self-compassionate self-talk observations. Sharing insights on vocal challenges and progress.
- Appreciating Authenticity's Significance: Acknowledging the role of an authentic voice in personal and professional arenas. Vocal exercises for enhancing eye contact, voice projection and clarity.
- Tackling Personal Hurdles: Collaborative activities in pairs and groups to identify individual challenges and establish manageable steps towards overcoming them.

Session 2

Investigating Fixed and Growth Mindsets and their effect on action and behaviour

- Empowering Engagement: Participatory games and activities for delving into the concepts of fixed and growth mindsets.
- Recognising Mindset Dynamics: Identifying instances of fixed and growth mindsets across various life situations
- Scenario Role-Play: Interview scenarios to explore effects of fixed and growth mindsets.



Module 5 – Day 5

Session 1

Exploring Voice, Interpersonal Skills, and Emotional Intelligence

- Icebreaker Activity: Vocal Play and interpersonal connection with emotional exploration play.
- Duo Discussions: Reflecting on individual learnings in pairs, followed by group conversations.
- Unveiling Emotional Intelligence: Introducing key competencies and reflecting on their development throughout the course.
- Practical EI Application: Employing emotional intelligence and growth mindset strategies for effective job interview preparation and engagement.

Session 2

Role Play for embodied and integrated connection with emotional intelligence competencies

- Practical Scenario Engagement: Immersing in simulated scenarios to apply and integrate emotional intelligence skills.
- Debriefing Role Plays: Discussing challenges faced and successes achieved in role play scenarios.
- Live Recaptures: Re-enacting key scenarios to continuously refine and strengthen emotional intelligence, mindset, and interpersonal skill abilities.
- Review and Reflect on Course: Benefits, self-awareness, take away tools, personalised safety cues.
- Learning Outcomes questionnaire.
- Closure – Provide resources, encourage feedback, celebrate achievements, transition to next steps.

