

Meredith Colby presents:

A Face Lift For Your Voice:

*Tips and tricks for keeping your speaking voice sounding
as young as you feel.*

Meredith Colby, author of *Money Notes: How to Sing High, Loud, Healthy, and Forever* shows you how to preserve, and even regain, the youthful sound of your voice.

Our speaking voices are something we take for granted; until something goes wrong. They're part of our self-image, so we want them to project our "real self" to the world. When we begin to realize that our speaking voices "sound old", or that we can't sing the way we used to, most of us simply give in to the aging process. But that doesn't feel good - it feels like a loss when we notice those changes in our voices that we associate with age.

Some of the physical elements of an aging voice are unavoidable, but not all! Meredith educates her audiences about the voice - how and why it works so well for us - and shares simple exercises and principles that people can work into their everyday lives and habits. Over time, those who apply what they've learned experience their voices as stronger and more resilient, taking joy in a voice that positively reflects how they feel about themselves.

You'll learn:

- How the sound of your voice effects how others see you, and how you see yourself!
- What the aging process does to the voice.
- What happens to the voice after menopause?
- How a minute a day is enough to implement powerful tools to strengthen the voice!
- How to feel good about your singing again!

An engaging speaker and an expert in her field, Meredith leaves her audiences both informed and empowered.

"It was fun learning how my voice works, and Meredith was very reassuring - I was pleased to find that I already had a lot of healthy habits. I'm encouraged to use the "voice play" ideas Meredith gave me to make my voice feel younger and stronger. She was so fun and nice."

Marge H., Highland Park, IL

This 30-minute talk can be expanded with some hands-on work with audience members to a 60-minute event. Meredith Colby is available to speak in the greater Chicago area. Travel time of more than an hour will incur travel expenses. Responses to inquiry will include event specifications.

Contact:

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