

# 2024 NeuroVocal Teacher Training & Certification

## What is NeuroVocal for Popular Styles?

This approach to singing for microphone-based genres was developed by Meredith Colby to help singers address amplified performance situations in which their ability to hear themselves is limited. Based on neuroscience, this adaptive method guides the singer to an internal experience of phonating and singing. By using intention and attention, the singer learns to utilize the predictive nature of the brain to alter the existing motor response to the intention to sing. Colby developed exercises to help singers allow unfamiliar kinesthetic sensations, which in turn open up new healthy and powerful sound possibilities. The goal is efficient production and natural sound.

## Why we do it...

The goal of this class is to empower voice professionals, teachers, and coaches, with knowledge and tools that serve singers of popular (microphone-based) styles.

The overwhelming majority of music consumed and performed around the globe is popular music.

As independent and adjunct voice pros, the majority of singers who seek our services are interested in popular music, contemporary music theater, or both.

NeuroVocal Teacher Training will equip you to confidently serve this population, as well as discover new ways to enjoy your own singing.

## What we're doing...

**This experience will set you up with a solid platform for teaching singers of popular styles, informed by neuroscience.**

The intentions for this class:

- Basic knowledge of our brains, and how they interface with our voices and our bodies.
- Basic knowledge of popular styles; the values, the experiences, and style vocabularies.
- Basic knowledge of how to coach singers of popular styles.
- Working understanding of how to exploit certain neurological and physiological principles to create freedom of expression in singing for popular styles.
- Confidence to take what you've learned and expand into the knowledge and skill sets for coaching singers of popular styles.

### How we're doing it...

- Fifteen 90-minute **weekly class sessions**.
  - In person via Zoom
- Four **peer coaching** workshops
  - In person via zoom
- Four **coaching observation** sessions
  - Volunteers welcome!
- Eight **private 1:1 coaching** sessions with Meredith
- Communication via email
- Private Facebook group
- Optional self-paced course, *Introduction to NVM*

## What the format looks like...

This 23-week class is organized in structure, and informal in tone. As participants acquire and apply new knowledge and skills, they're encouraged to share their experience and insights. In this way the group grows together through the class experience.

- Pre-class: Links to video, class notes, and support materials
- Post-class: Recap + links to folders with class recording and support materials
- Short video presentations about the unit topic
- Lectures expanding on video points
- Recorded classes made available for reviewing or catching up
- Support resources for all modules
- Private 1:1 coaching for application in both singing and coaching
- Coaching observation sessions
- Feedback & encouragement for coaching skills

## What a typical class looks like...

- 20 mins: Check-in and sharing
- 6-10 mins: Video
- 30 mins: Lecture on video highlights
- 20 mins: Workshopping application
- 10 mins: Questions & troubleshooting

## What are some of the extras...

- Pre-class **Coffee Kibitz** with Meredith. 20 minute meeting with you, Meredith, & the beverage of your choice.
- Homework that's encouraging, not overwhelming
- Support materials for everything we cover
- Scripts & crib sheets to walk you through teaching the NVM principles
- Choice of **finance-free** payment plans
- An **E-copy of MONEY NOTES: How to Sing High, Loud, Healthy, and Forever**
- **Access** to the self-paced course *Introduction to Neuro-Vocal Method* on the *Teachable* platform
- Teacher & Coach NVM Certification

## Weekly syllabus:

### UNIT 1: The Nervous System & Singing

This unit explains the predictive brain, and addresses common myths about the brain. Why a sensory/interoceptive experience of sound production allows for faster learning and is more reliable than basing learning on listening and aural feedback. How the brain creates efficient phonation. Why phonation precedes singing and how the two organically integrate. Why one's judgments about vocal sounds - both the self and the student - are typically unreliable when the goal is healthy phonation. Principles covered are *Hunn*, and *Hunn-ee*.

**Week 1**\_Brain Basics: *What Brains are For*

**Week 2**\_An Inside Job: *Interoceptive Awareness*

**Week 3**\_ Doing the Math: *Your Brain Does the Heavy Lifting*

**Week 4**\_ The Neuro & The Vocal: *Building on Neurological Tools*

**Week 5**\_ No regular class\_Scheduled & recorded *Coaching workshop with Meredith: application of the new tools*

**Week 6**\_ Peer coaching workshop

## UNIT 2: Singing Popular Styles

This unit addresses myths about popular singing, the values of popular styles, the needs of the singer of popular styles, the role of microphones and amplification, and vocabulary of styles. The role and application of vocal textures and colors are explained and adopted. Principles covered are *Nasty Triangle*, *Cartoon Mouse* and *Dog Mouth*.

**Week 7\_** The Nasty Triangle: *Blending High in Popular Styles*

**Week 8\_** Registration: *Vocal Camouflage & Textures*

**Week 9\_** Style: *How's That Going to Happen?*

**Week 10\_** Stylecraft Tool Box

**Week 11\_** No regular class: Scheduled & recorded coaching workshop.

**Week 12\_** Peer coaching workshop

## UNIT 3: The Respiratory System & Singing

This unit explores the ways that breathing for microphone-based genres differs from acoustic genres. Basic breathing anatomy, breathing to exploit the phrenic nerve, and the role that tracheal pressure (breath support) and laryngeal balance play in creating a sustainable high mix (blend, or “belt”). Principle covered is *Power Breathing*.

**Week 13\_** The Parts & The Whole: *The Respiratory System*

**Week 14\_** Breathe Like a Chimp

**Week 15\_** Connect the Dots: *A Reliable High Mix*

**Week 16\_** No regular class: Scheduled & recorded coaching workshop.

**Week 17\_** Peer coaching workshop

## **UNIT 4: How Brains Learn**

This unit both recaps and expands on what we've learned about the brain in both learning and singing. Coaching skills have been integrated into the overall structure of the class, and in this unit we gather them together to enhance confidence in their application.

**Week 18\_**Your Brain Sings Before You Do: *Now That You Know...*

**Week 19\_**The Hands of Time: *How Attention Molds Learning & Behavior*

**Week 20\_**A Different Ball Game: *Coaching for the PM Singer*

**Week 21\_** No regular class: Scheduled & recorded coaching workshop.

**Week 22\_** Peer coaching workshop

**Week 23\_** Finale: *Singing for Joy & Connection*