


THE POWER OF YOUR VOICE



UNLOCK YOUR VOCAL POTENTIAL

3 Techniques to Boost Confidence, Relieve Stress, and Free Your Voice

 Are you ready to step forward with confidence and captivate every audience with your voice? As a seasoned singing, speaking and confidence coach, I'm thrilled to share with you three powerful techniques to free your voice and skyrocket your confidence before you step up and vocalize.

1 DEEP BREATHING

Stand with your shoulders relaxed and down. Take a deep breath in through your nose. Expand your diaphragm fully. Keep your shoulders relaxed and down. Do not let them rise as you breathe in. Then, exhale slowly through your mouth.

Envision releasing any tension or nerves. Repeat this deep breathing exercise several times. Allow yourself to connect with your breath and ground your energy. This technique will not only relax your body but also oxygenate your vocal folds, prepare you for optimal performance.


2 VOCAL EXERCISES

Start with gentle vocal warm-ups such as lip trills (or as I like to call it, the Horse noise), humming, or sirens. These exercises help to stretch and awaken your vocal folds. They ensure your vocal folds are flexible and ready to produce clear, resonant sound.

Gradually increase the intensity of your vocal exercises, moving through your vocal range with ease and control. Focus on proper posture and breath support throughout, allowing your voice to flow effortlessly. Last, do a few tongue twisters. My favorites: Minimal Animal, Rubber Baby Buggy Bumper, and Quick Lip.

3 AFFIRMATIONS

Take a moment to center yourself and cultivate a positive mindset. Close your eyes and visualize yourself stepping onto the stage with confidence. See yourself delivering your message with clarity and passion. Repeat affirmations such as "I am prepared," "I am confident," and "I deserve to succeed." Embrace the excitement and energy of the performance. Transform any nerves into enthusiasm and determination. When you visualize your success, you prime your mind for a powerful performance, boost your confidence and set the stage for a memorable experience.

 By incorporating these three techniques into your pre-performance routine, you'll warm up your body and voice and also cultivate a mindset of confidence and empowerment.



With a BA in English Drama from the University of Michigan, Izolda discovered the power of the voice when she survived life in a war zone. When they fled into bomb shelters, she and her mother sang to keep everyone calm. After overcoming her own public speaking phobia, she wrote the vocal communication guide book, ***Speak From Within***. She leads the esteemed caroling group, [The Philosopher's Tones](#). She offers personalized instruction and workshops in singing and public speaking. She is also a workshop facilitator and guest lecturer in Creative Expression and Communication at companies, colleges, and universities.

To further enhance your vocal abilities and stage presence, consider joining my exclusive coaching program where I provide personalized guidance and support to help you unlock your full potential as a performer. Contact me for more information.

-Izolda Trakhtenberg, Vocal Mastery and Confidence Coach

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