

## Singing Lessons Info Sheet

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The voice is the most powerful tool we have for self-expression. More than any other instrument, it requires us to stay present and connected in our minds, our bodies, and our emotions. Each person's voice is unique. Because of the standards for singing that developed in Western art culture, it is common for people to have internalized messages of shame and embarrassment about their voices. It is also common for people to push themselves to try to sing in ways that are not healthy for them, and can actually do real damage.

It is my honor to walk with you as you learn to embrace the potential of this beautiful instrument you've been given. My approach to working with beginners is to start with a simple conversation about your past experiences with singing and using your voice, including what comes most naturally for you, what you find most challenging or intimidating, and any fears you may have about singing or "singing lessons." We will then begin with some easy breathing exercises and vocal exercises that will help you build a solid physical foundation for singing, as well as helping you begin to develop a sense of curiosity and wonder about your vocal instrument. Once we have established your vocal range and your natural abilities, we can then explore any areas that you may want to work on, like pitch matching, rhythm, sight-singing, harmonizing, singing in different vocal styles, acoustic singing versus singing into a microphone, etc. We can also work through particular pieces that you may want to prepare for performance.

### **What you need to get started:**

Before our first session, it would be helpful if you could take a mental inventory of the songs you most love to sing, a song that you think you sing best, a song that you would like to be able to sing but feel that you cannot, and any negative experiences you've had with singing. We will use these as a jumping-off point for conversation.

### **Frequency of Sessions:**

For those who are just starting out with singing and those who want to work on pitch matching, it is best to set up regular weekly sessions so that you can stay motivated with your exercises and have the best chance of seeing incremental improvements. If you just want to work on a certain style or a new piece, we can set up sessions as needed.

**Please Note:** I do not offer advanced vocal coaching for those who want to learn how to sing in a classical style, or those who want to significantly expand their vocal range. What I offer is a gentle, non-threatening learning environment, primarily for those who do not think of themselves as "singers," and for people who want to begin exploring their vocal instrument and build a healthy foundation for singing. Singing is a universal, essential, and innately spiritual human practice that dates back hundreds of thousands of years. It is not reserved merely for those seeking to become advanced or professional vocal performers. For those who do wish to study more advanced singing techniques, I can recommend some very talented voice coaches in the area.