

GUIDELINES FOR VOICE WORK



- **The voice is deeply personal.** Along with our physical appearance, our voice is one of the primary ways we present ourselves to the world. Our voices reflect our upbringing, social influences, and self-image.
- **Voice work involves releasing tension and engaging the breath.** Most voice problems are caused when some muscles are too tense and others are not working hard enough. Voice training can help you retrain your muscles.
- **Voice work takes time.** Be patient with yourself, and do not expect a quick fix. Ineffective vocal habits may take years to develop, and they will not disappear overnight.
- **Voice work involves replacing habit with choice.** This requires 1) knowledge, 2) attention, 3) change, and 4) repetition.
- **Voice work requires regular practice.** You will get the most out of voice training if you practice regularly. It is more effective to practice for 10-20 minutes several times a day than to practice for one hour once a week.