

Voice & Performance Training

Through a clear step by step program with skills, strategy and mindset you will gain:

An amazing sounding, healthy voice with strength, endurance, flexibility, increased range and a variety of vocal tones to use when desired

The ability to sing with far more ease, connecting emotion, heart and intention to your voice

Release of imitative tensions to discover your own voice

Undoing poor technical habits to gain more efficiency and ease

An understanding of how to prevent or heal vocal damage

Clear knowledge of yourself, your truth and the ability to express yourself

Recognition of your unique qualities and artistic sensibility

Brain and improv exercises to reliably tap your creativity & release your genius so you stand out

Music theory, finding song keys, writing charts, song writing, song styling, how to harmonize

Working with an accompanist and musicians, band leading, recording techniques

The skills and energy to perform dynamically to inspire and move your audiences

A mindset of success to maximize your confidence and magnetize your career

A new perspective about your gifts and place in the world

Singing to progressively larger audiences

Widely promoting your brand and artistry to serve more people!

(Choose any of the above that interest you. We'll design your training to produce those results.)

Training Packages

Training as a singer is similar to developing athletic skills. Second nature habits, many years in the making, need to be replaced with new effective, efficient neuro-muscular skills. Initial problem solving, increasing awareness and understanding, repeating new skills until they fully integrate, and resolving new presenting challenges requires time and training commitment. Dedication and diligence is required to elevate singing, artistry, musicianship, performance and recording talent, confidence and ease.

Packages are designed to deliver results, so clients accomplish their goals and feel extremely satisfied with their progress. Making a commitment allows inner and outer challenges to achieving your visions to be surmounted, resulting in breakthroughs to new levels of personal power and artistry. Singers train 3 weeks a month, with the 4th week off to review training materials, focus on songs, record, or rest and integrate. Talk to Laurece about the benefits of individual and/or group training to decide which path is best for you - [schedule a Discovery Session](#).

Read the Praise pages, Facebook and Google client reviews.

The Studio Policies explain the more than 48 hour cancellation policy for individual training and why clients sign a training agreement. The Session Structure page describes prep time and training time.

Individuals may train in person (when the Corona virus ends) or by Zoom video conferencing, which delivers a video recording. You'll receive additional videos, handouts and resources to build your knowledge and understanding.

You'll also receive The Artful Voice video e-zine for performance and training perspectives. The You Tube channel has more than 75 videos to explore.



Elite Training

Our signature Elite packages are designed from Olympic coaching for the highly motivated, fast paced, extremely ambitious person ready to take action consistently so they quickly gain new skills to excel professionally. This training involves a high density of sessions (3 - 5 per week, three weeks a month) in person or by Zoom video conferencing. Several sessions per week multiplies the results as the repetition allows rapid neuro-muscular integration of skills. When clients follow coaching advice and do the work - massive results are guaranteed. Three weeks a month: Elite Training is three 60 minute sessions per week for 12 months. Elite Fast Track is 4 or 5 sixty minute sessions per week for 3 to 12 months.

Singing Freedom™

Express yourself. This package focuses on the basics of freeing you to sing power and heart in the moment, while upgrading how you sound and look in performances. Focus is on skills building so you to sing easily, improving your sound, range, endurance, strength and flexibility weekly. If you do the work, you will have dramatic improvement. You'll learn how to optimize your physical and vocal health. Performance techniques will channel your power, improv exercises will allow you to express yourself and discover your unique artistry. We'll build your confidence as you perform, exploring energizing and giving to your audiences. You will have a number of breakthroughs. Your potential will unfold so you'll notice the results, and leave each session feeling energized. The Singing Freedom package is 1 or 2 hour sessions weekly, three weeks a month, for 12 months.

Singing Courage™

Find your own voice and rhythm. This package, containing elements of the Singing Freedom package, is for motivated self-starters. We'll develop plan for you to stay on track in between sessions so you consistently progress. You can upgrade if you find you need more support. Improv exercises free you to speak intelligently under pressure & clarify your unique stand out qualities; vocal, performance, and mindset exercises develop new skills to express yourself authentically and powerfully. The Singing Courage package is one 30 minute session weekly, three weeks a month, for 12 months. Each 4th week is off for review, integration and rest.

Sing with Ease, Power & Grace!™ (Class)

The benefit of group work is that you gain perspective as you observe others making progress. In the 15 min alone prep time you will be asked to clarify your intention and desire for each class. That need will be met in individual coaching time you'll receive and you'll learn as you watch other's being coached. We'll resolve your challenges and champion your successes. You'll get results weekly to find your own voice and rhythm. Sessions continue like a college course and thus attendance is a personal responsibility so you stay consistently training and experiencing results. You'll receive improv exercises free you and start to clarify your unique stand out qualities. Vocal, performance, and mindset exercises will develop new skills so you can express yourself, and singing better than ever before, with more authenticity, originality, and confidence. Plus you'll sound great! Sing with Ease, Power & Grace meets on Zoom for an hour 3 weeks a month. for 12 months. You may up-level by having additional individual sessions each month or have one individual session here and there as needed.



Let's Talk about your challenges and goals, the gap between where you are and where you want to be, and how to get there.
Schedule a Discovery Session.

Laurece West Studios, LLC

Enhancing talent, creativity, confidence & connection!™



The Results You Can Expect



"hi Laurece!
the rekkid is in the can, as they say! hopefully the masters will come out great. Thank you for your wonderful instruction, I DO believe it helped me become more prepared for this record more than any other we have made."
valient himself
VALIENT THORR
<http://www.valientthorr.com>



"I like going to voice lessons with Laurece because I know I'll get the flexibility and gentleness I need. I feel encouraged to let it all out and to keep practicing, practicing, practicing! The space is open for me to grow as a singer AND performer. She is a must-try if you want any encouragement to sing, perform...be!"
Francine Ciccarelli
The Francine Ciccarelli Quartet
Western Massachusetts



Laurece West

Voice and Performance expert Laurece West trains active and aspiring professional singers (and singers dedicated to God) in skills, strategy and mindset to significantly improve their sound, range, flexibility, power, ease, artistry and ability to move their audiences. They learn to sing easily with energy and confidence. Laurece is a recording artist, songwriter, band leader and multi-instrumentalist performing heart centered jazz, R & B, and world music. Some of Laurece's videos and studio recordings are on the About page. Laurece is the author of *Creating a Million Dollar Voice: What it Takes to Go from Passionate Amateur to Professional Singer* and *Creating a \$20 Million Dollar Voice, The Professional Singer's Road Map: How to Go from Good to Great to Legend*.



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www.laureceweststudios.com
laurece@laureceweststudios.com

