



UNDENIABLE
VOICE

Guiding Principles

You already possess everything you need to speak and sing your truth

You know yourself and your voice better than anyone else

Your vision for your voice is our priority

You'll always have a safe space to get messy and explore your voice on your terms

You have full artistic license to explore:

the songs you select

the styles you prefer

the way you want to express yourself with your voice



Undeniable Voice: Our Approach

Here at Undeniable Voice we celebrate the whole singer. This kind of work is fun, meaningful, and expansive, designed to deepen your connection to yourself and your voice. You will gain agency as a singer and artist, so that when you sing and tell your story, you do it with confidence and purpose, rooted in your own power, both on and off the stage.

We do this by honoring the WHOLE singer and use a compassionate combination of approaches that takes all of your amazingness into account. Here's how we do it:

Student Led Learning:

You know yourself and your voice better than anyone else. That's why we adopt a student led approach to learning at Undeniable Voice, so you are always in the drivers seat of your own learning. At Undeniable Voice, you'll always have full artistic license to explore the songs you choose, the styles you prefer, and the way you want to express yourself with your voice.

And I, as your vocal coach, am here to support and guide you to get there. My role is to be your hype person and provide as many options needed for you to find the sounds and the qualities that you want in your voice. And most importantly, to help you discover them for yourself. So regardless of the genre or style and registration you want to master, such as Head Voice, Mix, Belt, we have tons of tools, options, prompts, explorations, and directives to find the way in that best works for you.

The benefits of a student led approach:

- You will understand your voice at a deep level when you are at the center of your learning
- you will consistently reproduce the vocal results you want outside of our coaching sessions.
- You will feel empowered to learn this way because you're always in control of what you want to sing, the sounds you want to make, and the way you want to make them.
- You will learn so much about yourself and discover your most authentic, true, and unique voice

Discovering your Instrument:

You'll learn to understand your voice on a deeply connected level and will develop a reliable and healthy way to express your voice. In our approach together, we will explore multiple ways to understand and embody your voice.

Some of these explorations include:

- Healthy, evidence based vocal technique to allow for ease and freedom in your voice
- Applied movement, as your voice is intimately connected to your body
- Understanding fundamental vocal anatomy and mechanics to demystify the breath and how your voice works
- Guided vocal exploration to discover a wide range of sounds (prepare to be wowed at what your voice is capable of achieving!!)
- Listening to and analyzing the vocal qualities, choices and style of singers in multiple genres



Undeniable Voice: Our Approach (continued)

Artist Centered Coaching:

When you tap into your unique artistry, your individuality and authenticity are at the core of every song you sing and every creative project. Through artist centered coaching we take a deep dive into your creative aspirations. We give you permission (and a big, “hell yeah!!”) to sing the songs you love by the artists that inspire you. We liberate your inner artist so that you shamelessly embrace your unique voice and feel alignment with your values, embracing your power to be yourself on your own terms.

Some of these explorations include :

- Envisioning your shameless and audacious artist self (a practice from Jess Baldwin’s “A Singer’s Guide to Finding your Artistic Voice”)
- Creativity and Productivity coaching to support you in your artistic projects and endeavors
- Celebrating your “now” musical self and leaning into your artistic strengths
- Discovering your signature sound and style

Nurture Your Nervous System:

At Undeniable Voice, we're all about unwrapping the gift of your voice, starting from the inside out!

Your nervous system is the foundation of your voice and the canvas for your art. We guide you in nurturing your nerves and syncing your body with your voice, creating a pure and stunning canvas for your voice to shine. You'll feel more connected to your whole self, and experience a greater sense of ease and agency over your voice.

As a trauma informed, Arts and Nervous System Certified Practitioner, I specialize in normalizing your nerves, knowing that there is really no such thing as eliminating experiences like stage fright completely (dang it!). Instead, we empower you to prepare for stage fright by having tools to shift your nervous system into a safe and social state. This liberates you to connect deeply with your audience, confidently share your beautiful voice and story, and feel grounded in your body.

So, let's sing like nobody's watching - but if they are, we're ready for them!

Some of these explorations include:

- Understanding how to harness the massive role dopamine plays in your artistry and performance
- Nervous System Awareness (understanding the polyvagal ladder)
- Gaining specific tools to shift to another nervous system state if you choose
- Preparing our nervous systems for the demands of performing
- Building your “stage fright” toolbox to equip you to have joyous and meaningful performances