



MODULES and PRICING for 2017

MENU

VOICE & COMMUNICATION coaching packages:-

1. Voice Fundamentals: 6 x 1 hr sessions
2. Pronunciation: 6 x 1 hr sessions
3. Voice and Pronunciation: 12 x 1 hr sessions
4. Presentation Structure: once- off- 1 x 2 hr session
5. Presentation Preparation: once- off- 1 X 2 hr session
6. Presentation Delivery: once- off- 1 x 2 hr session
7. Presentation Drilling Session: once- off- 1 x 2 hr session
8. Communication Blueprint: 12 x 90 min sessions- GROUPS ONLY
9. Acting Course for Adults- Meisner Technique: 12 x 90 min sessions- GROUPS ONLY
10. Media Skills Training: 6 x 1 hr sessions
11. Book a seminar

Please note, the "once- off" sessions are customised to cater for people at various skill levels (beginners to advanced speakers).

1.Voice Fundamentals

- Release stress
- Breathing techniques (Inter-costal diaphragmatic breathing)
- Vocal Mechanics
- Resonance
- Modulation
- Projection
- Vocal Clarity
- Pitch vs Tone
- Articulation vs Diction
- Vowels and Consonants
- Neutral Vowels
- Flow reading out loud
- Handling vocal inconsistencies
- Discover your authentic voice!

Cost: R4, 500 (Individual coaching)
 Cost: R2, 250 (Group coaching PP)
 Duration 6 hrs

2. Pronunciation

- Release stress
- Breathing techniques (Inter-costal diaphragmatic breathing)
- Vocal Mechanics
- Monophthongs
- Diphthongs
- Trip thongs
- Consonants- unvoiced and voiced
- Neutral vowels
- Customised phonetics
- Vocal Clarity
- Flow reading out loud
- Syllables
- Emphasis
- Reading out loud
- Handling vocal inconsistencies
- Discover your authentic voice!

Cost: R 4,500 (Individual coaching)

Cost: R 2, 250 (Group coaching PP)

Duration 6 hrs

3. Voice and Pronunciation

- Release stress
- Breathing Techniques (Inter-costal diaphragmatic breathing)
- Vocal Mechanics
- Resonance
- Modulation
- Projection
- Vocal Clarity
- Pitch vs Tone
- Articulation vs Diction
- Vowels and Consonants
- Monophthongs
- Diphthongs
- Trip thongs
- Consonants- unvoiced and voiced
- Neutral Vowels
- Customised Phonetics
- Syllables
- Emphasis
- Flow reading out loud
- Discover your authentic voice!

Cost: R 8, 899 (Individual coaching)
 Cost: R 4, 499 (Group coaching PP)
 Duration 12 hrs

4. Presentation Structure

- Creating purpose through meaning
- Setting the presentation format (to entertain, educate, persuade etc)
- Knowing your target audience
- Outline the structure
- Use sense memory (Stanislavsky method)
- How to create detail

Cost: R 1, 500 (Individual coaching)
 Duration 2 hrs

5. Presentation Preparation

- Matching slides and content
- Checking font, charts, scales, comparisons, images, video, audio
- Headings and Sub- Headings
- Aristotle's RULE of 3
- Flow of slides
- Technical run through

Cost: R 1, 500 (Individual coaching)
 Duration 2 hrs

6. Presentation Delivery

- Getting the audience's attention
- Making a significant first impression
- Synchronising body language and voice
- Keeping the audience's attention
- Eliminating the "URM" "UM" "EH" and other "filler" words
- Keeping true to the meaning and intention
- Creating a lasting impression

Cost: R 1,500 (Individual coaching)
 Duration 2 hrs

7. Presentation Drilling

- De-stress fast prep technique
- Mechanical reading
- Express for emphasis
- Distraction technique
- Content drilling

- Sense memory (Stanislavsky)
- Shift comfort zone

Cost: R1,500 (Individual coaching)
Duration 2 hrs

8. Communication Blueprint (*Group ONLY*)

- Listening Skills
- Expressing your truthful point of View
- Dealing with provocation
- Analysing body language
- Describing body language and what it is telling you
- How what you say affects others and how they affect you
- Dealing with awkward moments of discomfort
- How to prioritise what is most important
- How to maintain focus on what is meaningful to you
- How to maintain focus when you are faced with external demands
- How to maintain focus when the stakes are overwhelmingly high
- How to find your personal power and allow that to be your driving force

Cost: R6, 750 (Group coaching PP)
Duration: 18 hrs

9. Media Skills Training

- Understanding your audience
- Knowing how to answer a question in the best light for you/your organisation
- Making your point punchy
- Speaking clearly with a well-modulated voice
- Techniques to calm your nerves
- Dealing with tricky questions and high- pressure interviews
- Practice different case scenarios through role-play
- Content used for practice is tailor made to relate to your industry

Cost: R 4, 500 (Individual coaching)
Cost: R 2, 250 (Group coaching PP)
Duration: 6 hrs

10. Acting Course for Adults- Meisner technique (*Group ONLY*)

- Repetition
- Point of View
- 3 moment game
- "Working off"- part 1
- "Working off"- part 2
- Pinch and Ouch
- Coming to the door

- The activity
- The genuine task
- Building the exercise
- In the Extreme
- Taking it personally

Cost: R3,375 (group coaching PP)
Duration: 18 hrs

11. Book a Seminar (30 people +)

Presentation Topics:

- The psychology of fear behind the voice
- The history of Voice and Presentation
- Challenge Assumptions
- 1, 2, 3, SPEAK
- Communication Subtext
- Dare to Present differently

Cost: R 3,450 (30+ audience members)
Duration: 90 min

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