

Sing Because You Can! **Haven't You Always Wanted To?**

Sing Because You Can! - will build your confidence & greatly improve your performance 'on stage' & in life. Through singing you will discover amazing things about your true potential, move beyond imagined limitations and thoroughly enjoy yourself in the process!

Sing Because You Can! - is a group workshop that includes five nights of vocal coaching, rehearsals and working with a professional pianist accompanist. It ends with your performance in a Kelowna Night club and a celebration party with friends and family.

We focus on both technical skills and confidence building in performing a song. Some of the topics covered include:

- ✓ Find your strengths and work with them
- ✓ The use of Vocal Imagery
- ✓ Use your body more effectively to improve your performance
- ✓ Finding your best range, key and tempo
- ✓ Choosing the best material for you
- ✓ Benefit from the experience of working with an accompanist
- ✓ Confidence building – the use of mental imagery & triggers
- ✓ Making a song your own through the art of phrasing and dynamics
- ✓ Proper microphone technique
- ✓ Dealing with stage fright – how to calm yourself under pressure
- ✓ Walking on stage with confidence & conviction
- ✓ Easily adapt to changes that occur
- ✓ Apply daily practises to enhance your vocal strengths
- ✓ How this can benefit other areas of your life

Who Attends?

The workshop attracts about 60% women, ages between 23 -72.

They range from seasoned singing professionals to, those honing an acting career, to people who simply wish to step out of the shower and sing to a live audience.

Many take the course merely to challenge themselves. They accomplish something they never thought they could. It's not just about singing, it's about getting past self-imposed limitations.

Often they have been told they can't sing and wish to anyway because deep inside they believe they can. They are looking for a non-competitive, and supportive environment to overcome stage fright and fulfill a hidden dream.

How Does It Benefit You? Here's what previous participants say....

“Excellent! This enabled me to face my fears and I’m even stronger...”
(Monica Kelly, Nurse)

“I really enjoyed this! It helped build my self-esteem and confidence in speaking in a group as it was very relaxed and fun...” **(Sinead Murphy, Physiotherapist)**

“Michelle has many talents that can help others, but most of all she has a belief in the potential of those she is involved with; as a result others trust her to help them” **(Barry Walsh, Facilitator The People Development Co)**

“Michelle's passion for her work makes it fun. She always seems to know how to provide the support that each person needs at that time to fulfill their unique potential.” **(Joy Allen, Management Consultant)**

Who Leads the Workshops?

Michelle Bailly has worked as a singer, television and radio presenter in Canada and Europe. She is a Master Practitioner & Certified Trainer in Neuro Linguistic Programming (NLP) and has over 23 years working in training and development with companies, community groups as well as individuals. From classical, to Speech Level Singing (SLS) to Sacred Sound, she has studied & performed with Chloe Goodchild, Chris James, Paul Hubbert (Phd) & Andres Martorell. Her passion is singing songs she enjoys particularly jazz, blues & gospel.

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