

THE TEACHER'S VOICE



Vocal Healthcare and Awareness Training



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Dear Headteacher

Looking after your Staff and Protecting your Budget!

As a Head you know that your staff need to be continually effective and maintain voices that stand up to the rigorous demands of teaching. Our research shows that many teachers, sadly, have little or no specialist voice training to enable them to cope with the vocal demands of the job resulting in under-performance or undesirable sick leave.

Teaching in classrooms, assembly halls, gyms, swimming pools and out of doors, presents difficulties for even the experienced teacher with an untrained voice. Competing with background noise and the demands of the curriculum can place a heavy vocal demand too on many NQT's in their first term. It is so easy to take the voice for granted until there is a problem and that, for the practising teacher, is a serious concern. There is increasingly a focus on voice care from a health and safety point of view.

We know how expensive supply cover is for any school coupled with the demoralizing effect voice problems can have on both individuals and colleagues. Recent research also shows how the dysphonic voice can alienate learners and impact on their academic performance.

The inclusion of Voice Training in your programme of training demonstrably enhances the performance of your teachers and reduces the level of voice related absences. As part of our specialist training, Sounds Right offers Voice Care and Awareness training specifically for teachers. The training is flexible, exceptional value for money, and can be tailored to fit in with your own busy schedule and the specific needs of your school. Our introductory workshop, for example, can be delivered in two hours - the benefits last far longer!

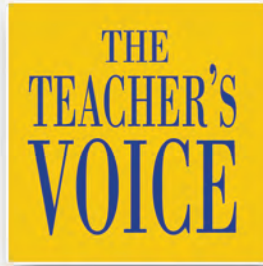
Many individuals, institutions and organisations have already taken advantage of our skills and experience and have been delighted with both the delivery and the results. We are sure that we can help *your* staff to train *their* voices to better meet the demands of each long, intense term in the school's year.

We attach details of our training and of the ways in which we can help you to provide practical and cost effective support for your teachers' voices. We look forward to working with you for the benefit, wellbeing and effectiveness of your staff - in short - we are looking to preserve that most valuable resource - their voice!

Marina Jones

Marina Jones
Managing Director,
Sounds Right Ltd





Vocal Healthcare and Awareness Training Content

Practical interactive training that will make a difference and is designed to help voice users in Education to conserve their voices, avoid problems resulting from extensive use, maintain vocal health and use the voice more effectively.

The teacher's voice and the learning environment

We recognise the hazards of the working environment: using the voice for extended periods, background noise and ergonomics - all pose a serious threat. We examine these and advise teachers how best to avoid common everyday problems.

How the Voice Works

A little understanding of the physical mechanism will empower and encourage good vocal habits.

Voice Care - health, diet and lifestyle

Before we open our mouths to speak we can do much to heighten our awareness of the vocal mechanism and improve our vocal health.

Posture, relaxation and clothing

Incorrect physical alignment has a detrimental effect on our speaking voice. We help staff to adopt better habits - improve breathing, lower stress levels, reduce blood pressure and enjoy a stronger and freer speaking voice.

Breathing

A teacher's voice needs to 'carry' to maintain attention. Good breathing will support the voice and thus the quality of speech. Our simple exercises help teachers achieve centred breathing to sustain voice use.





Vocal Healthcare and Awareness Training Content

Vocal Techniques for enhanced and varied delivery

Pitch

The pitch of the voice carries the emotional content and is the first 'giveaway' to sounding stressed or out of control. If teachers regularly pitch outside their natural range - too high -to get attention or too low to appear authoritative - damage can occur. We help teachers to find their most effective and comfortable range.

Resonance

Effective resonance amplifies the voice and enables it to carry in less than perfect physical spaces. Many classroom teachers under use their resonance and our training can empower them to resonate with confidence.

Articulation

Being heard easily and clearly is vital for a teacher's control of class and student's learning but nowadays articulation is often neglected. Our exercises will strengthen articulation and thus the clarity and effectiveness of the classroom teacher.

Volume

'I must not shout in class'. Many teachers want to and many others do! This harms the teacher's voice and raises the temperature of the situation. We demonstrate how to focus and project and lessen the wear and tear on the voice.

Within our range of workshops there is the opportunity to discuss delegates' specific problems and anxieties. Full workshop sessions can be designed to focus on group or individual needs.

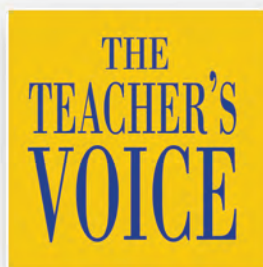
Resource packs will provide simple exercises to maintain good vocal habits and develop technique.

For more information or to book a training session for your staff,

Call us on: **01270 820963**, email us at **info@sounds-right.com**

or visit our website at **www.sounds-right.com**





Vocal Healthcare and Awareness Training Costs

We understand the competing demands on the educational budget but recognise also that supply cover is increasingly costly and disruptive. **You will find our training is excellent value for money!**

Voice Awareness Packages

Basic Voice Awareness Workshop (1-1½ hours)	£350.00
Introductory Care and Awareness session (2 hours)	£450.00
Series of 4 x 2 hour sessions	£1600.00
Series of 6 x 2 hour sessions	£2250 00

Delegates per session: Minimum 5 delegates – Maximum 30 delegates

All sessions can be timed to meet your needs and can be offered to schools as 'twilight sessions' i.e. after school.

Half day sessions (3 hours) Morning or afternoon (3 hrs includes time for detailed practical work)	£600
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Full day sessions* (5-6 hours)	£1100*
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to include, if desired, input/availability of Speech and Language Therapist

Each session provides a delegate pack "Voice Care and Awareness for Teachers".

(This contains detailed support materials providing practical advice and exercises for a healthy and effective voice relevant to the classroom environment).

Tutor travel expenses are included up to radius of 50 miles from Crewe.

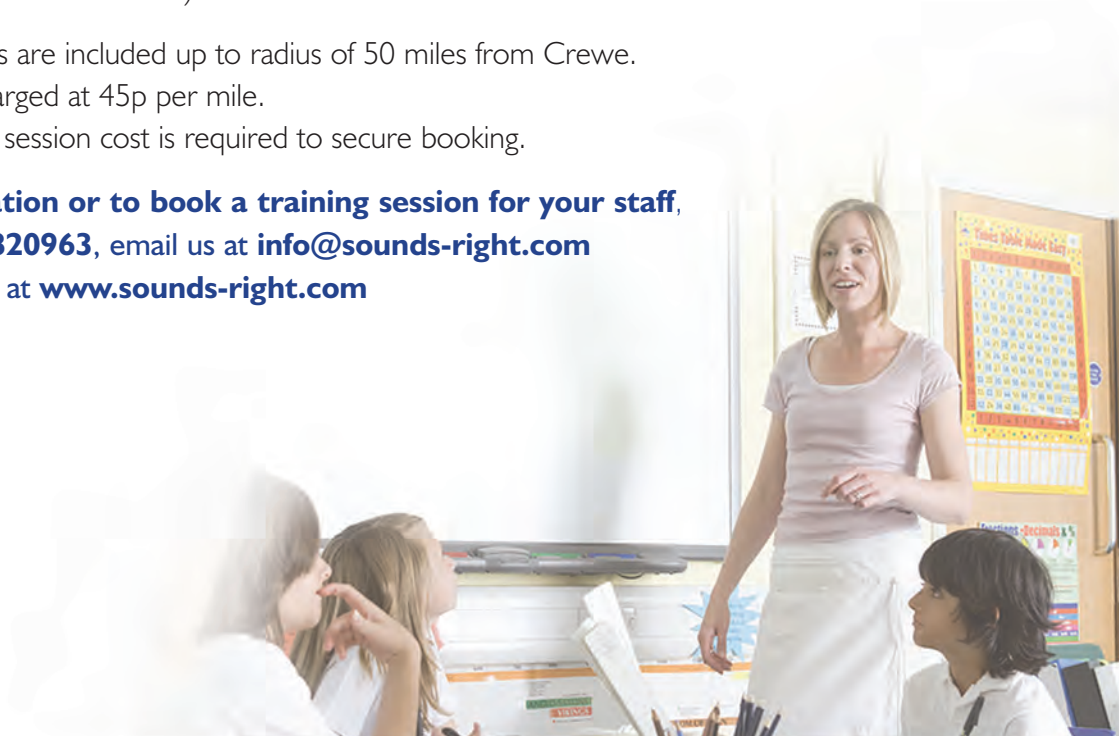
Excess mileage is charged at 45p per mile.

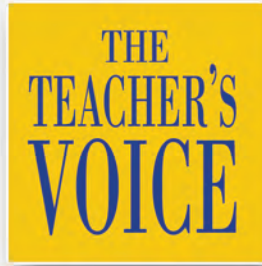
A deposit of 30% of session cost is required to secure booking.

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Vocal Healthcare and Awareness Training

Why Voice Training is so important.

All teachers will be very much aware (some even painfully) of the daily pressures and demands on their voice. On average it is a fact that they can talk for up to 70% of each lesson, up to 6 hours a day, 5 days a week, term after term!

Hitherto, for the majority of teachers, voice training has been minimal or even non-existent. In their professional duties teachers talk more than the average actor and in far more difficult environmental surroundings.

It is not surprising that a high percentage of newly qualified teachers suffer voice loss after only 6-8 weeks in the job. Older and experienced teachers can also encounter problems as the voice can change and be susceptible to years of strain and hormone change. Teachers are ten times more likely than other professionals to find themselves as patients in a voice clinic.

There is an overwhelming case for teachers to experience basic voice training if they are to function effectively and healthily. Sounds Right Voice Training can address that fundamental need.

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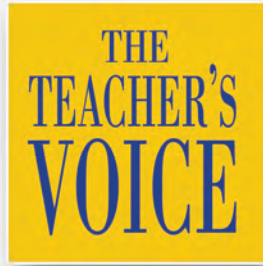
For teachers to be effective they need healthy voices that can meet the demands of the classroom on a daily basis - not just classrooms but assembly halls, gyms, swimming pools and out -of -doors. They are continually competing with background noise. (Many hold the view that it is no longer necessary or desirable for pupils to work in silence).

At the end of the teaching day it is quite common for teachers to perform extra-curricular duties, e.g. running a club or attending a meeting -again creating more demands on voice use.

Health and Safety issues are increasingly being focused on the need for adequate voice care for teachers and other professionals.

Research has shown that an ineffective voice can produce disaffection amongst sections of pupils. By contrast, a good voice can enhance pupil's attention levels and thereby the amount that they learn.





Vocal Healthcare and Awareness Training Obstacle to Success?.

We at Sounds Right really do understand the problems you face with training. Here are some of the matters which have been raised with us in the past.

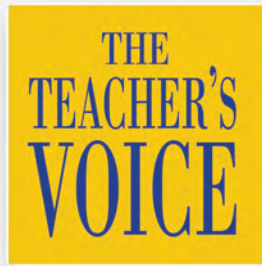
My budget is very restricted and I don't think I can justify this training at the present time.

We certainly understand about budget constraints which impact on training. We also know that supply cover is extremely costly and that over 20% of teachers will take time off work because of voice problems. In addition, every year a small number will leave the profession after suffering permanent damage to their vocal cords. We are also aware how dysphonic teaching voices can affect pupil learning and performance which reflects in league tables. So all in all, because we appreciate fully the demands and pressures on you and the high price of a teacher's voice we have costed our packages fairly to give you real value for money and to enable you to invest in the voices of your staff for the obvious benefit of the teacher, the pupil and the school.

Our staff are very effective and excellent classroom managers. If I offer them Voice Training they might perceive this as 'yet another' criticism.

We agree - teachers are certainly easy targets when it comes to unfair criticism but by offering this training you are not only showing your staff how much you value their expertise, health and welfare, but that you fully understand the heavy demands on their voices during the teaching day. Most staff will talk for the bulk of each and every lesson and damage to the voice can affect their morale and professional effectiveness. By offering them relatively inexpensive but highly professional Voice Care Training you are contributing to their physical and mental well being and ensuring your pupils hear healthy and versatile voices. When was the last time that training or professional development focused primarily on the teacher? Our voice sessions do just that but, of course, your students will benefit enormously too!





We are very lucky in our school - our pupils are very motivated and happily we don't have serious discipline issues. Our teachers don't have to shout!

We are so pleased to hear that - shouting can cause long term harm to the voice! Many entrants to the profession do just that or lower their pitch to sound authoritative and 50% will experience voice problems in their first year! Our Care and Awareness isn't just about making yourself heard in the classroom - we can help your staff to guard against the wear and tear of the average teaching day, guiding them how to use their voice safely in difficult environments such as gyms and halls. We advise on vocal hygiene and care during the busy terms ahead.

I'm convinced Vocal Healthcare will help but your training ranges from 2 hours to 1 day. Which package is best for my staff?

We understand the many pressures and restrictions of the teaching timetable: budget, limited physical space, and staff commitment. For this reason we want to offer you choices to fit around your busy schedule. Our Introductory Care and Awareness sessions can be delivered at your premises as a one or two hour slot - and after school is always a popular choice of timing. A longer session (normally 3-4hrs) will allow your staff to have access to more practical work and this can be delivered, again after school or as a half day session. Many schools like to book a series of twilight sessions so that all their staff can in turn have Voice Training - or they would like ongoing sessions to develop skills. You can choose - quite often the introductory session is a popular first choice and when staff ask for more (as they invariably do) you can consider further training around your specific needs - perhaps one of our one day sessions to compliment your Inset of staff development

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