



# NORTH LONDON MUSIC THERAPY



# THE VOCAL WORKSHOP

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## What is it?

How we use our voices impacts all areas of business. While research shows the impact on wellbeing that singing can have on individuals, it's our non-singing voices we use on an everyday basis. This experiential workshop series will put your team in touch with their speaking voices, and show how non-verbal gestures within the whole body is vital to improving team communication, leadership and wellbeing.



## How does it work?

There are two packages of workshops available, which can be purchased separately and run over half a day each, or can be purchased together and run over a full day.

### **PACKAGE 01 - USING YOUR VOICE**

Drawing upon many years of experience as a vocal coach, Marianne will take participants through a series of workshops that focus on mindful breathing, healthy vocal placement and using our speaking voices in non-conventional ways to help explore the full potential of the voice.

### **PACKAGE 02 - FINDING YOUR VOICE**

Using Marianne's skills as a qualified music therapist, this series of workshops focuses on how to improvise in a group and reflect on experiences, how to read body language and notice the importance of gesture and eye contact.





## What do participants get out of it?

**Leadership** better listening skills, strategies to motivate your team and give them more responsibility, understanding of the power of gesture and eye contact.

**Team building** increased confidence, increased communication skills, better relationships at work, a creative outlet within the work environment.

**Wellbeing** stress relief, greater sense of connection within the team, increased self-reflection skills.

## What do your company get out of it?

- ♦ More effective **communication** within teams
- ♦ Well **balanced** workplace environment
- ♦ Greater sense of **community**
- ♦ Better **corporate social responsibility**
- ♦ Improved **reflection** on projects and the day-to-day environment
- ♦ A really **enjoyable** morning

## Prices (10 participants per group)

**USING YOUR VOICE** (Package 1) – £600

**FINDING YOUR VOICE** (Package 2) – £800

**COMBINED PACKAGE** – £1150

## Get in touch

To find out more about the Vocal Workshop, or to discuss your company's requirements for a bespoke workshop, contact Marianne at  
**07595 290 492**  
[marianne@northlondonmusictherapy.com](mailto:marianne@northlondonmusictherapy.com)





## Workshop leader

Marianne Rizkallah is a qualified music therapist and vocal coach, trained at the Guildhall School of Music and Drama. Marianne specialises in:

- ◆ Music therapy for people with mental health issues such as anxiety and depression
- ◆ Vocal coaching, considering the physical and psychological aspects of the voice
- ◆ Professional soprano singing, particularly premiering new classical pieces

An in demand vocalist, Marianne has toured with Noel Gallagher's High Flying Birds, Andrea Bocelli and Hans Zimmer, sung in the BBC Proms and in other prestigious London venues such as the Barbican and the Royal Festival Hall. She has also recorded at Abbey Road Studios and Air Studios for the BBC, Disney and high-profile artists such as Frank Turner.

Working holistically, Marianne considers participants' physical and psychological needs as integral to effective voice work. Marianne's focus is to enable everyone to use their voice in all conditions.

As a music therapist, Marianne has worked in the NHS, education, the third sector and the private sector, working with clients with a wide range of mental health issues such as anxiety, depression or stress.



## Testimonials

After only a few lessons Marianne has already made a difference to what I thought was possible with my **vocal technique, breath control and musicality**. She is doing a great job coaching me into a better understanding and appreciation of how to sing.

Robert Gorrie, classical singer

I wanted to say thank you. Your coaching has thrown my mind back into **why I enjoy singing**. I've begun to appreciate again the process of being a musician and the end result - and I'm really rather happy about that!

Dave Mitten, rock singer

What stands Marianne apart is her **creative, holistic approach** towards singing. As well as showing me **how to exercise** and develop the physical attributes to singing, she explores the **psychological aspects** and is generally interested in why people want to sing. I've **grown in confidence** and discovered a resonance in my voice that had clearly been missing. Oh, and she's pitch perfect!

John Featherstone, classical singer

