

**AOV's Signature Programme**  
**The Voice Spa: Voice & Speech Confidence™ by JESSICA SEET**

- 2 days – 9am to 4.30pm
- **Experience how thousands have transformed themselves since 2005!**
- Includes **Assessment & Personalized one-to-one Coaching** on **Individual Speech Patterns and Habits** that may help or hinder the individuals **Vocal Impact & Impression**.

**Workshop Outline:**

Day 1

**Speaking Well is A Life Skill NOT a Soft Skill**

Learn how your **Voice & Speech** impacts your **Personal & Professional Impression**.

Learn how individual **Speech Habits and Patterns** are formed and **can be changed**.

Learn the **5 Secrets to Voice and Speech Power**.

Learn **How Voice Works** and how to release **Vocal Tension & Manage Your Nerves**.

Learn **Diaphragmatic Breathing Techniques** for vocal strength & minimize strain.

**Make Them Pay Attention**

Learn the **Top 5 Negative Speech Habits** that must be **Eliminated Forever**.

Learn to control your **Speed of Delivery** and **Develop a Good Rhythm**.

Learn to use **Simple Tips to “Colour” Your Voice** & make your speech engaging.

Learn **Secrets Professional Broadcasters** never told you!

Learn **Vocal Care & Hygiene Tips** to help your Voice last a lifetime.

Day 2

**Being Powerful & Clear with Ease**

Learn **Proper Techniques** for a quick & easy breath intake for **Presentations or Speeches**.

Learn how to **Identify Individual Strengths & Weaknesses** by recording your Voice.

Learn to loosen abdominal tension for a **Relaxed & Confident delivery**.

Learn to **Develop Resonance/Timbre** for a centred, warm & strong voice.

Learn to correct the **Top 3 Articulation Problems** to **Speak Clearly**.

**Bringing it ALL Together!**

Learn how to **Invigorate Speech Muscles** and increase jaw flexibility for **Clarity**.

Learn to identify and **Address Articulation Issues** that result in indistinct speech.

Learn to activate and **Engage Articulators** with **Proper Placement for Clear Speech**.

Learn the **4 Powerful Elements of Inflection** that result in dynamic delivery.

Learn how to bring all the elements of **Inflection** for **Confident, Impactful Communication!**

**Art of Voice™ Company Pte Ltd**

Headquarters & Workshop Studio: 8 Purvis Street, #02-01 (188587)

Tel: 6883 2331 Mobile: 9638 5883 Email: [clientrelations@artofvoice.com](mailto:clientrelations@artofvoice.com)

[www.artofvoice.com](http://www.artofvoice.com)

“Unlock Your Hidden Voice™”