

CONDUCTOR TALKING POINTS

WEEK THREE: DEVELOPING CONFIDENCE

Explain The Benefits of Singing

- The benefits of singing in a choir are in the “doing”, not the “knowing” – you don’t need to “be” good to “feel” good!
- Deep, slow, controlled breaths calm our nervous system, and make us feel at peace.
- Singing together connects us on a deep, primal level.

Sounding Good = Feeling Good

- The best sounds we make as singers come from when we FEEL good.
- Focus on the *sensation* of your singing, don’t try and sound like anyone else, because everyone is different. If it feels good to sing, it’s far more likely to sound good.



Connect with your Heart

- Singing is an honest exchange. You are intimately connected to yourself emotionally. Express it, don’t hide from it.

Find YOUR Voice

- YOUR voice sounds like nobody else’s. Celebrate and encourage YOUR voice, the way you’d celebrate your best friend’s.

No Mistakes

- There’s no such thing as a MISTAKE in this room. And if there was, a confident mistake is way better than timid perfection.
- Remember we are not trying to achieve excellence. We are trying to maximise the many benefits of singing together.

Support and questions:

withonevoice@creativityaustralia.org.au
03 8679 6088

