

**CAN HOLISTIC VOCAL COACHING
HELP INDIVIDUALS TO UNDERSTAND
AND DISCOVER THEIR PERSONAL
IDENTITY?**

MODULE 3 - PRESENTATION



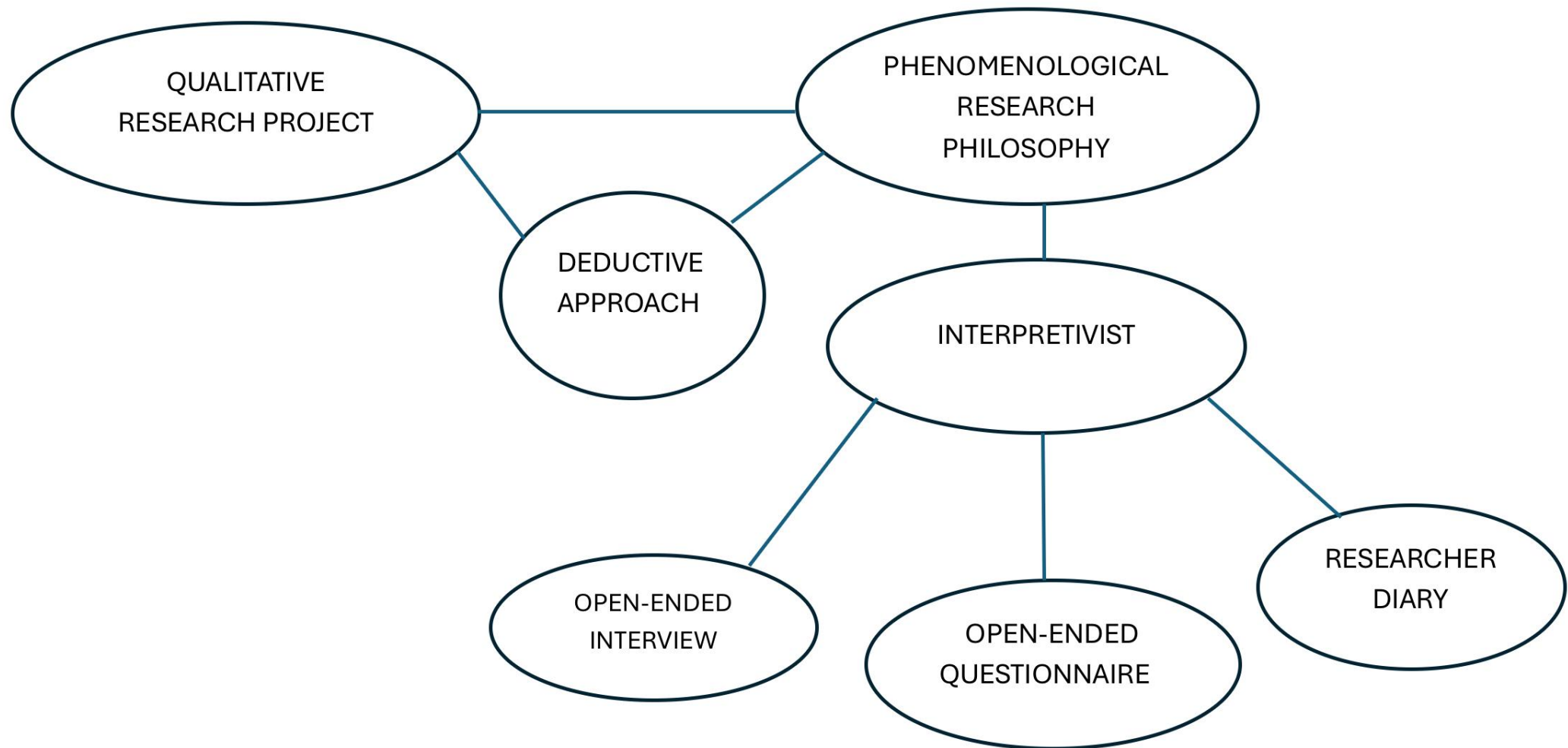
BACKGROUND AND JUSTIFICATION

- Positive observations and feedback as a holistic vocal coach inspired me to choose this field of study.
- The holistic approach to voice coaching addresses the negative emotions, thoughts and feelings that may arise when students encounter difficult or challenging tasks or moments during a lesson.
- I have observed that locating the origin of such emotions, acknowledging, alleviating and processing them in parallel with positive vocal achievement, can bring about transformational changes in individuals and help them to better know themselves and navigate life.

PROJECT AIMS AND OBJECTIVES

- My aim was to conduct a study that could justify and validate the changes that take place within students and to demonstrate the impact they have on their lives in general and how this influences their sense of self.
- I would like to bring this concept into the spotlight, in order to widen the research in this domain.

METHODOLOGY



ETHICAL CONSIDERATIONS

The project was ethically approved by The University of Wales Trinity St David.

Ethical considerations were managed in the form of a participant consent form, and participants were aware that they could withdraw from the study at anytime if they so wished.

Due to the sensitive nature of the study, I was required to closely monitor the participant experience and had prepared signposting to [betterhelp.com](https://www.betterhelp.com) counselling services if participants felt it necessary or became overwhelmed.

Inclusion and Exclusion Criteria

INCLUSION

The inclusion criteria was not highly rigorous. I invited participants who were already students at The Robin's Voice Holistic Vocal Academy.

I was keen to have an equal mix of male and female participants.

Two male participants and two female participants took part in the study.

EXCLUSION

Due to the sensitivity of the study structure and the potential vulnerability that participants could experience, I chose not to include children under 18, rather adults who could take part independently.

THEMATIC ANALYSIS

THEME ONE - INITIAL SELF EVALUATION

Who participants say they are

PARTICIPANT FEEDBACK – Shy | low self-esteem | low self-worth | keeps out of any kind of spotlight

THEME TWO

TASKS WHICH CREATE NEGATIVE THOUGHTS, FEELINGS, AND/OR EMOTIONS

PARTICIPANT FEEDBACK - Reaching higher range | Management and awareness of muscle tension | Breathing | Being out of the comfort zone | How to breathe properly | achieving a certain note | creating vocal power

THEME THREE – NEGATIVE REACTION IN THE MOMENT

Negative thought, feelings,
or emotions

Judgement

THEME FOUR – CONSEQUENTIAL NEGATIVE REACTION

Negative belief about self
and/or capabilities.

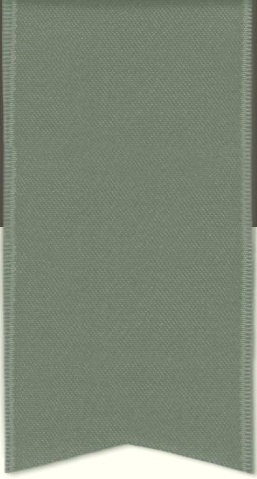
Fear based thought,
action, feeling or
emotion

THEME FIVE

POSITIVE REACTION THROUGH ACHIEVEMENT & ALLEVIATION

THEME SIX

NEW POSITIVE BELIEF, TRANSFORMATION OR THOUGHT

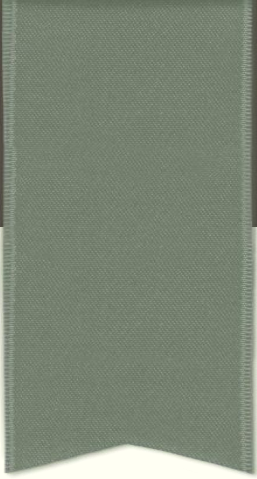


THEME ONE

INITIAL SELF EVALUATION

WHO THE PARTICIPANTS SAY THEY ARE

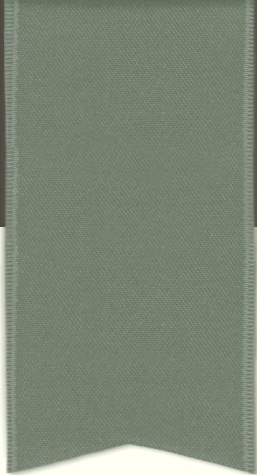
PARTICIPANT FEEDBACK – Shy | low self-esteem | low self-worth | keeps out of any kind of spotlight



THEME TWO

TASKS WHICH CREATE NEGATIVE THOUGHTS, FEELINGS, AND/OR EMOTIONS

PARTICIPANT FEEDBACK - Reaching higher range | Management and awareness of muscle tension
| Breathing | Being out of the comfort zone | How to breathe properly | achieving a certain note |
creating vocal power



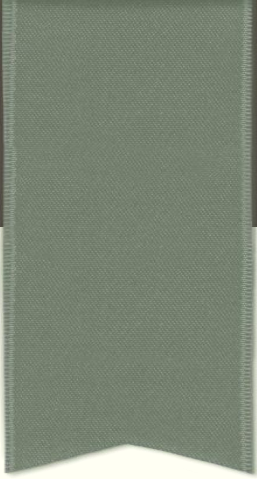
THEME THREE

NEGATIVE REACTION IN THE MOMENT

NEGATIVE THOUGHTS FEELINGS OR EMOTIONS | JUDGEMENT

PARTICIPANT FEEDBACK –

‘fear of putting myself out there again linked to past experiences I think.’

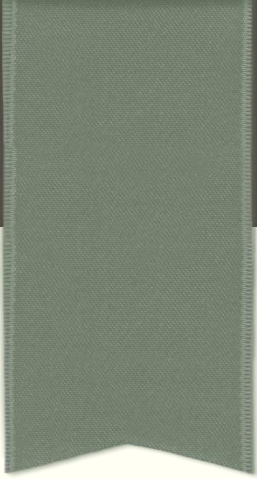


THEME FOUR

CONSEQUENTIAL NEGATIVE REACTION IN THE MOMENT

NEGATIVE SELF-BELIEF | FEAR BASED THOUGHTS

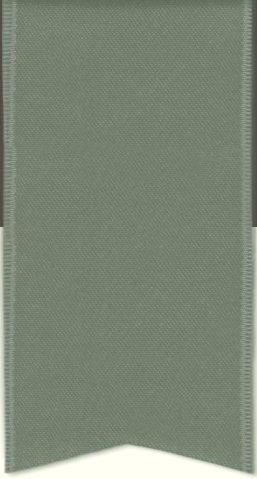
PARTICIPANT FEEDBACK – ‘It's mixed with lots of things that if you're not able to do that, that can you know, it does it can have an impact a physical impact.’



THEME FIVE

POSITIVE REACTION THROUGH ACHIEVEMENT AND ALLEVIATION

POSITIVE EMOTIONS AND IMPROVEMENT OF VOCAL TASKS FOLLOWING
THE ACKNOWLEDGEMENT OF NEGATIVE THOUGHTS AND EMOTIONS.



THEME SIX

NEW POSITIVE BELIEF, TRANSFORMATION OR THOUGHT

Reported changes to participants' sense of self, self esteem and confidence.

PARTICIPANT FEEDBACK - 'I think again, it's just having that confidence, so to strike up a conversation with somebody new or just your walk as well. I think that's, your confidence, your walk changes.'

ANALYSIS

- I believe the study to have shown a favourable outcome, which justified the initial research question.
- Participant feedback was honest, thorough and varied. Each participant reported an overall positive experience, with a clearer understanding of their identity and greater confidence.

PERSONAL REFLECTION

- I enjoyed undertaking the research project.
- As a result, I have become more familiar with the existent research in the field of singing and the self and would like to continue further research into the subject.
- I would like to embark on a study on the subject of 'singing and consciousness' as a future endeavour.
- I believe that I would benefit from a qualification in the domain of counselling or psychology in order to truly enhance my practice.

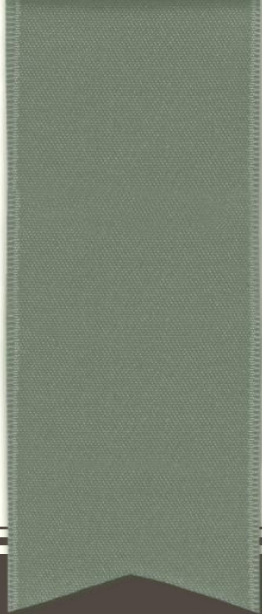
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THANK YOU