



WELCOME
HELLO
AND

EMERGING ARTIST'S VOICE TRAINING & MAINTENANCE TOOLKIT

Keep your voice healthy and strong as you embark on a successful career in the music industry.



BEFORE WE START...

Always pay attention to what feels good for your voice.
Never force anything, stop if there is any pain.
Trust your instincts and your body.

**MORE INFO AT
WWW.ROCKITVOCALSTUDIOS.COM**



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*Let's get
started*



Emma Harding is a voice coach with over 20 years of experience in working with established platinum selling artists and has helped numerous emerging artists launch successful careers, leading to chart topping singles and collaborations with internationally known artists.

WARM UPS & VOICE CARE

A STEP-BY-STEP GUIDE TO WARM UP YOUR VOICE
EFFECTIVELY BEFORE REHEARSALS,
PERFORMANCES, OR RECORDING SESSIONS:

EXERCISES TO INCLUDE:

- LIP TRILLS
- SIRENS
- HUMMING
- SOVT'S
- GENTLE MOVEMENT THROUGH YOUR RANGE

[Click Here for My top warm up exercises](#)

[Click Here for FREE Guided Warmup](#)

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STRENGTH & STAMINA

USING YOUR MIX VOICE IS ONE OF THE EASIEST
WAYS TO SAFELY ADD POWER WITH OUT ADDING
EFFORT.

EXERCISES TO INCLUDE:

- NASAL NG SHAPE
- WHY / CRY TONES
- MOM
- TRUST YOUR PLACEMENT VS
PUSHING UP WITH POWER.

[Click Here for My FREE sing with Mix Power Training](#)

[Click here to purchase my mix voice training program](#)

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VOICE CARE CHECKLIST



A simple checklist to keep your voice in top shape every day.

- Hydrate - make sure you drink lots of water at least 3 hours before you sing.
- Use steam or a voice mist to hydrate cords directly.
- Avoid overuse (limit loud talking and shouting, whispering or using vocal effects that cause strain)
- Get rest. (*8+ hours of sleep if possible.*)
- Avoid Stress if possible.
- Be mindful of foods or drinks that affect your voice.
(*Keep a journal of what you eat and drink to see if anything has a negative impact.*)
- Make sure you have good breathing technique, avoid shallow breathing or holding breath.

[Click here to purchase my comprehensive voice health e-book](#)

BREATH WORK

CHECK IN TO SEE HOW EFFECTIVE YOUR BREATHING
TECHNIQUE IS.

ARE YOU SHALLOW BREATHING OR USING FULL LUNG
CAPACITY?

BE MINDFUL NOT TO 'OVER-BREATHE'.

MASTER DIAPHRAGMATIC BREATHING FOR BETTER
VOCAL CONTROL AND STAMINA.

- BREATHING EXERCISES:
 - 4-7-8 BREATHING
 - BELLY BREATHING DRILLS
 - BREATH CONTROL WITH PHRASING PRACTICE

[Click Here for FREE Guided Breathwork Session](#)

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PERFORMANCE PREP

COMPETANCE = CONFIDENCE

THE MORE PREPARED YOU ARE THE MORE CONFIDENT YOU WILL BE ON STAGE OR BEHIND THE MIC.

- PRACTICE ALL SONGS THOROUGHLY
- WORK ON ALL TROUBLE SPOTS
- MAKE SURE THEY FEEL COMFORTABLE TO SING
- MAKE SURE THE KEY IS CORRECT FOR YOUR INSTRUMENT ON EACH SONG
- REHEARSE WELL WITH ACCOMPANIST / BAND IF APPLICABLE
- LEARN ABOUT STAGE MONITORING
- ARRIVE ON TIME
- PACK A 'GIG BAG' WITH ALL POTENTIAL NECESSITIES. (EXTRA CABLES, BATTERIES, MICS ETC)

I HAVE A FAR MORE COMPREHENSIVE PDF AVAILABLE ON MY PATREON PAGE.

[Click Here to purchase my gig prep handbook](#)

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POST SHOW REST & RECOVERY

COOL DOWN'S ARE AS IMPORTANT AS WARM UPS. BE SURE TO TAKE TIME TO RELAX AND REVITALIZE YOUR VOICE AFTER A PERFORMANCE OR LONG TRAINING SESSION OR REHEARSAL.

- POST-PERFORMANCE COOL-DOWN CAN INCLUDE
- GENTLE HUMMING OR LIGHT SINGING IN DESCENDING SCALES OR SLIDES
- VOCAL REST
- STEAM INHALATION OR HERBAL TEAS
- CONTINUE TO HYDRATE
- TRY TO AVOID SHOUTING OR LOUD VENUES AFTER YOUR SET.

[Click Here to access my FREE vocal cool down / rehab](#)

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THANK YOU!

I hope this has helped you! Please keep in touch!

You can follow me on instagram [@rockitvocalstudios](#) or facebook [@rockitvocalstudios](#)

For more voice training you can join the [Weekly Vocal Workout on Patreon](#) or subscribe for free voice training and artist interviews on the [Rock Your Voice Podcast!](#)

Reach out any time with voice questions or you can visit the calendar to book a virtual or in person voice coaching session with me. Email the team at info@rockitcalgary.com

If you'd like to dig further into your artistry and launching your career, please reach out to learn about my emerging artist programs and voice coaching.

Congratulations on investing time in your voice and your career goals! Your voice thanks you!

I can't wait to hear your music or see one of your shows one day soon!

All the best,

Emma