



## UNDENIABLE B r a i n

# Compassionate, Informed Vocal Coaching for Neurodivergent Singers

### You can count on me to:

#### Provide a Safe and Supportive Space to Guide You to Explore Your Voice on Your Own Terms

- My number one priority is to create an environment of shared safety.
- You can explore your voice on your own terms knowing that I wholeheartedly respect you and the way you learn and process information. I will NEVER EVER interrupt, judge, force, shame, or make fun of your learning process or any sound you make.

#### Celebrate the Way Your Brain Works

- Your brain is perfect just the way it is.
- There's no such thing as a "one size fits all" on how to approach learning for neurodivergent singers. I will provide multiple coaching and instruction strategies based on your strengths and preferences.
- You know yourself and your brain better than anyone else. I will always listen to what works best for you and adapt my coaching style to create individualized instruction that is as unique as you!

#### Understand and Empathize with You

- I am a neurodivergent singer too and have lived experience that allows me to truly empathize and understand the struggles and challenges, traumas and triumphs, and the ups and downs of my neurodivergent clients experience.
- Provide trauma informed guidance and mentorship where appropriate, as well as tools to navigate living in a neurotypical world such as, but not limited to: self advocacy, self care, moving through setbacks and celebrating your wins



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### You can count on me to:

#### Provide Expert Care

- I am a vocal coach with a Masters Degree in Special Education and over 18+ years working with neurodivergent populations in classroom settings, administration and 1:1 coaching.
- I will be in frequent Communication with anyone on your team (with permission) to best meet your vocal coaching needs.
- For teens this may be case managers, social workers, teachers, tutors, SLP's, therapists, etc. For adults this may include somatic workers, movement specialists, executive functioning specialists, therapists, etc.

#### Create A Multidisciplinary and Multisensory Approach to Vocal Coaching:

Here is a list of some of the many tools available to the neurodivergent singers I work with:

- Nervous System awareness and regulation
- Self Led discovery and learning
- Giving choices throughout lessons
- Providing visual supports and cues
- Creating vocal protocols that compliment speech and language goals
- Providing accommodations to create an equitable learning experience in the voice studio
- Accountability Partnering
- Creating structure and consistency
- Learning through movement and discovery
- providing sensory toys, fidgets and resistance bands in the studio
- creating novelty and new challenges
- varying lesson pacing to maximize learning and engage interest
- Support outside of lessons
- step by step instructions for at home practice in video and/or written format on request
- Executive Functioning development and support



## UNDENIABLE Brain

### I can count on you to:

Show up as yourself

Embrace your voice

Believe there are no wrong sounds or notes  
that will come out of your voice

Always know you are in the drivers seat in our sessions together

Always tell me if I do or say anything that is upsetting or uncomfortable

make silly, fun, crazy and ridiculous sounds to explore your amazing voice

tell me if anything we try doesn't feel good in your body

Give yourself permission to sing the songs that  
excite you!

Strive for progress, not perfection

step into your greatness

Take healthy risks

Have a total blast!