



UNDENIABLE

A W A R E N E S S

Nurture Your Nervous System:

At Undeniable Voice, we're all about unwrapping the gift of your voice, starting from the inside out!

Your nervous system is the foundation of your voice and the canvas for your art. We guide you in nurturing your nerves and syncing your body with your voice, creating a pure and stunning canvas for your voice to shine. You'll feel more connected to your whole self, and experience a greater sense of ease and agency over your voice.

As a trauma informed, Arts and Nervous System Certified Practitioner, I specialize in normalizing your nerves, knowing that there is really no such thing as eliminating experiences like stage fright completely (dang it!). Instead, we empower you to prepare for stage fright by having tools to shift your nervous system into a safe and social state. This liberates you to connect deeply with your audience, confidently share your beautiful voice and story, and feel grounded in your body.

For Neurodivergent folks, our ability to navigate Inter/Intra personal skills, executive functioning, self awareness, speech fluency, processing skills, social skills, just to name a few, are greatly enhanced when we are operating in a safe and social (parasympathetic) state.

So, let's sing like nobody's watching - but if they are, we're ready for them!

Some of these explorations include:

Nervous System Awareness and Agency (understanding and applying the polyvagal ladder)

Understanding how to harness the massive role dopamine plays in your artistry and performance

Gaining specific tools to shift to another nervous system state if you choose

Preparing your nervous system for the demands of performing

Building your “stage fright” toolbox to equip you to have joyous and meaningful performances