



VOCAL WELLBEING

&

SPEECH GYM

team@atlas-translations.co.uk +44(0)1727 812 725

Ideal for interpreters and voiceover artists

The contents of this half day course for groups include:

- Voice production
- Vocal care and communication strategies
- Relaxation exercises for the voice
- Awareness of irritants and environmental factors
- Weights and warm ups, stretches and repetitions
- First impressions
- Your speech and language journey
- Common stumbling blocks for speakers of English as a second language
- Difficult communication situations (using the phone, speaking in groups)



You'll leave with a toolkit of warm-up exercises and a greater knowledge of how to use your own voice effectively.

This group session can be taken at a date which is convenient for you. These voice courses are run in conjunction with Pippa, a voice coach and speech language therapist.

ABOUT THE TRAINER

Pippa gained a Linguistics and Phonetics degree from Hull University in 1988 and qualified as a speech and language therapist in 1990 (City University); in recent years Pippa has developed her practice as a vocal coach and works in a variety of settings with both healthy and disordered voices.

Over two decades' work in the NHS brought Pippa into contact with a range of voice and speech work (from severe vocal problems through to presentation skills and singing), and professionals such as actors, singers and teachers.

Pippa's postgraduate qualifications include training in The Accent Method, Vocal Profile Analysis and the Estill Voice Training System (Levels 1 and 2). She teaches voice and speech workshops in Hertfordshire and is based at The Albany Centre in St Albans where she runs her independent practice.

Pippa is registered with the Royal College of Speech and Language Therapists and the Health and Care Professions Council, and is a member of the British Voice Association.



- Half day course
- £75.00 + VAT per person
- Weekdays 10am-1pm
- The Albany Centre, St Albans