

Vocal Needs Assessment Meeting

Norbert Tissier – Oct 10th 2017

➤ **Background**

- Worked 7 years in Visual Effect – Would be asked to lead a project and manage a team - Feels like it's the worst thing - performs better without pressure. Don't enjoy managing people. Thinks he's not good at talking although necessary for work – don't like to expose his feeling but would like to develop a strong voice
- Last year = self-introspection with huge evolution regarding self-acceptation, who he is and his core values
- This year = more about practicing, experiencing new things
- Currently working as Photographer - teaches women to accept and love themselves
- More an introvert – the more he works in photography, the more interesting it gets, needs to be more in control of his own energy – would like to become a better version of himself for his work.

➤ **Challenges**

- Don't know how to control his nervousness – feels like all eyes on him
- Think it's easier to be in control with one person and more challenging to drive/lead a group.
- During networking event, was shaking the first times
- Would prefer to go as first speaker
- Come with full energy and then 10' later thought it was good but it wasn't
- Stage fright during networking event manifesting by :
 - Pressure up
 - Face, ears warming up
 - Hands cold
 - Lose body control, shaking
 - Hard to go back
- Has found a way to relax by focusing on positive energy, and the environment around him.
- Presentation in front of 20 people. Was feeling bad because he was the reference for the event. Was feeling good once on stage because was in control but if he would be second to go, energy would go down again.

➤ **Goal**

- Get rid of the nervousness symptoms described above.
- Make connection with the group

➤ **Ideal Voice**

- Said he has a gorgeous voice when he is depressed
- Still exploring his voice– don't know it well enough
- Voice represents who he is inside so the day he will be able to sing = no more judgement and stress- it will mean he reached his goal.
- Using his voice as a tool to connect with the audience

- *The feeling of having that ideal voice will be like:*
 - Shining, not thinking about the world, not caring about anything
 - Being aligned and emotionally present
 - Love and self-acceptance
 - Relaxed and natural whether it's one person or a group of 1 million people.
 - Clear

➤ **Steps**

- Getting more experience: this is new – he just started to explore – he needs to find his own balance in pushing himself more into an extrovert.
- Not clear yet on what other steps would be necessary to reach his goal as it's all new for him. Doesn't see all the options yet to become better, stronger, be able to speak without nervousness.

➤ **Expectation**

- No expectation in particular – accepting to give my hands and let me lead- is open to learn, try. Curious – he wants to explore new aspects of himself

➤ **Priorities**

- Stage fright – concerns

➤ **Concern**

- Doesn't want to put himself in a situation that could hurt his business
- Doesn't want promotional material to be used without his consent

➤ **Observation**

- Didn't make much eye contact in the beginning of the conversation => Said it allows him to stay focus on what he wants to say and not be distracted by people's reaction. Especially when he thinks, he's going to react on eyes and energy and doesn't want that. Wants to be honest by doing so.
- Posture: depressed sternum, neck leaning in
- Fried voice: Aware of it. Do it when he wants to appear strong so the challenge would be to be strong and open at the same time.

Recommendation:

- Unleash Your Voice: Introductory workshop to turn stage fright into stage joy
 - Discover what bad communication habits are holding him back,
 - Learn new tools to manage the nervousness before a speech
- Ignite Your Confidence Program to help him:
 - express himself in a powerful way without damaging his vocal cords.
 - Learn ownership, engagement, confidence and voice techniques.