

Thank you very much for showing interest in our Vocal Boot Camp program which demonstrates the value which you place on the voices of Women in Astronomy!

I am very excited about meeting you all on Wednesday 22nd July at 9am to introduce you to ways of learning to protect & project your voices within your daily professional and personal speaking activities.

- Increasing self-awareness of your skills in ;
 - vocal anatomy & physiology
 - vocal behaviours
 - vocal hygiene & health
 - posture & support
 - breathing skills
 - resonance

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- Practicing ways to improve your confidence and effective voice using ;
 - vocal warm ups
 - diaphragmatic breathing
 - application to your everyday voice use

with kind regards from

Gail Rogers
Vocal Boot Camp Facilitator
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CHECKLIST 1 FREQUENCY OF SYMPTOMS OF VOICE PROBLEMS

Name _____ Date _____

SYMPTOM	DAILY	WEEKLY	MONTHLY
A feeling of discomfort in the throat			
Tired feeling in throat			
Soreness / pain			
Dryness			
Aching			
A tickling sensation			
A feeling of tightness / pressure in throat			
A scratchy / burning sensation			
A lump in throat			
Huskiness			
Croakiness			
Hoarseness			
Breaks in the voice			
A change in pitch			
Reduced pitch range			
Difficulty projecting the voice			
A feeling that talking is an effort			
Running out of breath while speaking			
Only able to whisper			
Other			

CHECKLIST 2 RISK FACTORS FOR DEVELOPING A VOICE PROBLEM

Name _____ Date _____

RISK FACTORS	FREQUENCY OF RISK FACTORS OCCURRING		
	Daily	Weekly	Monthly
Using a tight or strained voice			
Frequent coughing			
Persistent throat clearing			
Talking during a throat infection			
Allergies / Sinusitis			
Frequent cold and 'flu			
Acid reflux			
Certain medications			
Alcohol, tobacco			
Recreational drugs			
Talking over noise			
Persistently talking loudly			
Yelling / screaming			
Straining to talk over distance			
Singing / acting with an inefficient technique			
Using voice in an inappropriate pitch range			
Stress/tension /anxiety			