

Sounds Wonderful presents

A Vocal Adventure for Schools

Chris James



‘This morning made me feel as though I could sing without being laughed at or teased about how I sound. When I sang it made me feel as though I could express myself without being judged. It made me relaxed and happy.’ *Zeenat – Primary school, grade 6, South Africa*

Uniting kids and schools, harmonising – Internationally acclaimed voice teacher Chris James presents a fun, confidence building, interactive and innovative programme for students that can be tailored for the individual needs of each school.

Chris works with all aspects of the voice, self-expression and singing. His presentations for children are vibrant, fun filled and educational. From intimate sessions with ‘teens on the edge’ to school groups of 500 plus, Chris has a unique ability to unite and inspire confidence in children and teens to be themselves and let their natural voice shine out.

Connecting – Energising – Confidence Building – Self-empowering kids in self-expression

- Our whole body is our instrument – loosening up and letting go
- Empowering vocal expression – the natural joy of singing and speaking up
- How to focus, listen and unite as a group – working together
- Building self-confidence naturally as we free up our voice – we are amazing!
- Body awareness – movement and rhythm

And most of all . . . having fun and expressing with our voice!

‘Chris had the whole school up on their feet moving and singing. It was amazing! Every child joined in, even the older students, a truly wonderful experience for the children. Chris brought something unique that allowed them to feel their voices in their hands and their bodies. There was a real sense of joy as Chris connected with the children and took them on a journey of exploration of their voices.

Later our students sang at a community event. People commented that they had never sounded better! There was a real joy in the children’s voices. **It was clear that Chris’ workshop had given the children confidence and connection with their own voices.’**

St. Joseph’s Tenterfield NSW, Australia



“ I would fully recommend Chris’ workshop – it really was a vocal adventure for our children!”

‘Everyone is born with a beautiful voice’

www.chrisjames.net
admin@chrisjames.net

A Vocal Adventure for Schools



Chris was fabulous!

His energy and obvious love of music was evident as he led the children through a variety of activities. It was great to hear the different sounds coming from the children's mouths! They were totally engaged – 84 students all at once for the whole time - sounds, movement and songs! Confidence and participation increased as the session continued. No behavioural problems during this 'musical adventure.' We welcome Chris back anytime!
Bittern Primary School, Victoria, Australia

Self-empowerment through Voice and Expression

Everyone is born with a beautiful voice and the ability to express freely! We explore this simple fact in a fun and safe manner with sound, tone, songs, rhythm and the pure joy of singing.

Listening, Focus and Connection

Learning how to connect, listen, focus and be 'still' within ourselves brings great benefits in life.

It allows us the opportunity to be present, re-align and 'come back into tune' with ourselves. With a few simple exercises we can be singing 'in tune' with each other in moments.

Our Body is Our Instrument

Discover how speaking and singing with our whole body empowers the individual and the group. Have you ever felt 'stuck in the throat or 'lost for words'? Discovering our natural voice sets us up for a lifetime of full and rich expression. We experience our body as a fully vibrant, resonating instrument. When you sing with your whole body your voice is naturally full and clear.

Rhythm, Movement and Co-ordination

Rhythm, movement and co-ordination are an important part of confident self-expression. Sometimes a part of us can 'shut down' because of stress and tension. Simple rhythmic movements promote a smooth, gentle and unified flow with the body and voice.



Music sessions with Chris are always highly engaging, and filled with fun! He has an incredible ability to empower children to be confident in performance! All of our students (and staff and parents) have been encouraged to develop their vocal skills in a happy, supportive atmosphere. Our students have had opportunity to perform for audiences, with the kids themselves taking leading roles in creating, composing and choreography.
Eureka Primary School, NSW, Australia

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About Chris

Internationally renowned voice coach, singer and musician, Chris James is recognised for his experience in all aspects of voice and expression. From practical and fun interactive workplace seminars, to schools, government agencies and the general public. Chris offers tools that empower people from all walks of life to find their authentic voice, confident self-expression and re-discover the power of their natural voice.

So what is our 'natural voice'?

Our natural voice is the voice that we are born with, that is: naturally in tune, free flowing, clear of any emotional restrictions and able to express. In other words a fully functional instrument with which we can express, sing, speak our truth and be heard.

'Everyone is born with a beautiful voice'

From professional singers, actors, to school children, the medical profession and the novice, Chris helps bridge the gap that hinders self-expression and is known the world over for his unique, compassionate approach. His work is implemented and music played in prenatal courses, birthing suites, hospital emergency wards and hospices, medical and dental clinics and offices. It is also used in schools, drama and yoga classes and community choirs.

Chris is renowned for his ability to unite audiences of 15,000 in song and also facilitate intimate groups.

Chris' professional development course 'The Art of Communication, Self Care and Active Listening' has been approved by the Royal Australian College of General Practitioners for practitioners and medical staff. Chris has facilitated professional development courses for health practitioners, school teachers, NSW police, cadets of the Australian Defence Force Academy, and businesses and corporations worldwide.

Chris is invited to MC, perform and present as a keynote speaker at conferences and festivals. His seminars and workshops range from short, vital 'tune ups, to 1 and 2 day workshops and 3 or 4 day 'Power of the True Voice' Retreats.



A Vocal Adventure for Schools



‘Thank you Chris for the wonderful workshop you gave when you came to ISH . It was inspiring! I think you worked the magic for the students and changed a few opinions of what the students believed they were capable of.

This was especially effective with many of the boys, they really needed this! I shall be recommending you for further workshops.’
International School of Helsinki, Finland

More Testimonials from schools

Chris James was totally amazing. It was a real privilege to be present in the hall and to feel that we were experiencing a unique moment! Everyone was drawn into a special place where we felt freed of our inhibitions about our singing voices and discovered that we really could sing, and well! Children and staff alike were totally involved and there was a sense of us sharing a magical moment. I actually went out of the hall to find the office staff and invite them to join us because it felt as though they shouldn't miss the moment'

Paul Falkus – Principal, Bathampton, UK

Hayesdown and Nunney schools joined together and had a fabulous singing workshop led by Chris James. Teachers and children enjoyed this immensely and the sounds we made with our orchestra of 340 voices thrilled and amazed us all. The day began with everybody learning how to use and love their voices.

Chris James was very entertaining and immediately captivated everyone's attention using a range of engaging techniques that quickly supported us all to feel confident and involved. Across fifty minutes we gained excellent control of our voices, interspersing vocal work with magical moments of absolute silence. Our choral work culminated in the production of a beautiful call and response song where our achievements filled us with pride and pleasure. Chris James was a delight to work with and helped us all to focus on the things that really matter in life – loving ourselves and being kind to others.

Sue Heal – Executive Headteacher, Hayesdown and Nunney First Schools UK

We all had a wonderful time. We really appreciate you coming and assisting with teaching these kids how to sing. It truly was amazing to see the seniors engage in your method and they are very keen to have you back. The juniors and year 7 all had a positive response to the vocal techniques that were employed.

Ballina Southern Cross School , Australia– Years K-12

Staff workshop with 70 teachers

I would like to thank you for that brilliant workshop with the staff. I received a lot of positive feedback I look forward to working with you more next term.

Ballina Southern Cross School, Australia



Sounds Wonderful Events

for students and teachers

**'The voice is the primary tool
of communication in the classroom.**

Kids feel when we are authentic or not and respond accordingly.

As a teacher, to be able to express clearly and confidently,
with presence and authenticity is of paramount importance.'

A Vocal Adventure For Schools

An interactive 1 hour session for students that is usually presented to the whole school in one session.

Chris has presented up to 500 children at once. Staff and parents are also welcome.

Cost is \$3 per child for schools with over 100 students. Alternatively a fee can be arranged.

Develop Your Natural Voice:

The Art of Communication, Active Listening and Self-care

A professional development workshop for teachers and education staff – full or half day format.

In this course we practice vocal techniques and presence, voice projection without strain, how to listen and be heard, awareness of body language and how to empower yourself through your natural voice and expression.

Working with Voice and Expression enhances everything in our life

Did you know that the average adult does not hear 92% of the aural landscape around them?

We are NOT HEARING this much. Why do we check out? Learning simple techniques to understand and improve our own ability to focus and listen, teachers learn how to enhance focus in the classroom and create a supportive learning space for students, reducing disruptive behaviour.

Literally 100's of thousands of teaching hours are lost each year due to stress

By learning how to recognise and release stress, teachers learn how to deal with stressful situations in the classroom and within themselves, in a clear and more resourceful way.

We can set the 'tone' of a situation by being aware of the tone of our voice

A study in the UK stated that information presented by teachers was either rejected or absorbed by primary school students, depending upon the TONE of the teacher's voice. What do we project in our voice? Learning about Tone allows the voice to be brought out in a very natural and gentle way, is a valuable technique that can be used in classrooms in many ways, and teaches listening and self-awareness – great for bringing a classroom back into harmony.

When applied in the music lesson toning allows children to be effortlessly in tune as their listening skills are honed. The students work as a group coming into tune together. This creates a safe environment for students to express and allows each student to develop at their own pace.

These techniques can also be used in any lesson as short snippets to effectively bring everyone back into focus

Simple vocal techniques from a variety of cultural backgrounds are learnt at this training that can be used effectively in the classroom bringing sound and songs that are fun and accessible for everyone.

Many people do not like the sound of their own voice, but what it really comes down to is re-discovering the naturally great voice that you actually have.

Contact Sounds Wonderful
Phone: +61 (02) 6628 3308

Email: admin@chrisjames.net
website: www.chrisjames.net