

# Chris James - Voice Coach

*Speaking - Singing - Presenting with Confidence*

## Private sessions: Internet or in person

**Reclaim the natural authority of your voice and expression.**

'Everyone is born with a beautiful voice – clear, powerful and naturally expressive but for many this 'shuts down' early in life.' Chris' approach is renowned, and inspires and supports a lifetime of stress free, empowering self-expression. Experience the joy of singing and speaking in safe and practical sessions.

## Corporate Voice Coaching – One Unified Team

Build great team relations in the workplace through developing our most valuable personal assets – our voice, expression and the way we listen. Experience the connection between conscious presence and stress reduction. From a valued, integrated team great ideas flow!

## Playing Music

Re-connect with, or learn a musical instrument in a supportive atmosphere. Open up to the magic of music without the pressures that we often experience when learning to play music.

- Let go of self-judgement and the internal critic
- Reclaim the natural authority of your voice
- Discover your naturally resonant body – make expression effortless
- Reduce stress and anxiousness and increase general well-being
- Experience the health benefits of singing, speaking, expressing confidently

**Chris James internationally renowned voice coach,** singer and musician is recognised for his expertise in all aspects of voice and expression. From practical and fun interactive corporate sessions, to government depts, schools, the general public, re-discover your authentic self-expression, confidence and joy of your natural voice.



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