



# Your Life, Your Expression Developing Your Natural Voice

Experience the quality and power of your voice and how your vocal expression can release stress, improve relationships, boost your immune system and powerfully connects us all as a community. This course empowers participants with their voice; in public speaking, personal expression, active listening and effective communication in all relationships – both personal and professional. See over to learn about course presenters.

**Course Location:**

Goonellabah Community Centre  
27 Oliver Ave, Goonellabah NSW

**Date and Time:** 6:30pm to 8:00pm,

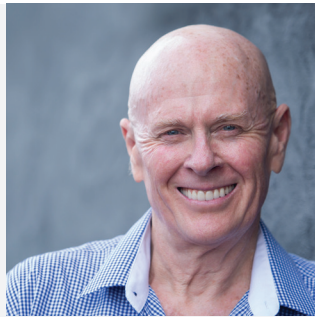
Tuesdays, July 17-August 7, 2018.

**Cost:** \$95

Enrol at [coun.org/courses/your-life-your-expression](https://coun.org/courses/your-life-your-expression).

Many of us find communication and expressing a challenge. With fear of expression comes disempowerment and this reflects in all aspects of our lives. To partake in life fully, self-empowerment and full expression is crucial, elevating us from mere function and survival modes into a natural flow that allows us to enjoy all the relationships and interactions in our lives.

## Course Presenters



“Chris James has an amazing way of helping people to discover their own vocal strength and potential.”

ELLA RUBELI, PRODUCER  
ONLINE DOCUMENTARIES,  
SBS TV & RADIO

**Chris James:** an internationally acclaimed presenter, voice coach and musician, bringing over 30 years' experience in helping people to love their voice and discover their own vocal strength and the potential that comes with it.

**Jenny James:** has been instrumental in developing courses for a range of organisations, has recorded and produced two music CDs, and co-presents with Chris in presenting their unique approach to group work and vocal expression.

To enrol visit [coun.org/courses/your-life-your-expression](https://coun.org/courses/your-life-your-expression)

College of Universal Medicine | PO BOX 4046, Goonellabah, NSW 2480 | phone 0428 662 063

A.B.N. 52 152 869 317