



RAISE YOUR VOICE

Transforming how you speak, sing and present

Richard Lawton

BOOK INFORMATION

Title:	<i>Raise Your Voice</i>
Author:	Richard Lawton
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Have you ever wanted to join a choir but were afraid you couldn't carry a tune? Do you ever have to present at work but feel you can't convey your messages effectively because of your voice? Do you struggle to sound confident at meetings or on the phone? Do you just dislike the sound of your own voice?

You are not alone! Your voice tells the world who you are. Not only is it a vital part of your personality but it has more to do with your mental and physical health than you realise.

Raise Your Voice is written by one of Australia's most experienced voice coaches and is full of practical tools and real life 'war' stories for:

- People who are waking up to the power of voice to enhance the mind-body-spirit connection (including the treatment of mental health and eating disorders)
- Amateur singers who know that they could do more with their voice.
- Older people (baby boomers) realising the health and memory benefits of singing.
- People who work on their voice for a specific reason but then discover it gives them courage to face their fears in other aspects of their lives.

What's unique about this book is the breadth and depth of the author's experience of more than thirty years as an educator, corporate trainer, theatre director and community choir leader. Most books on voice focus on a) singers or b) presenters. This book is a user's manual for anyone with a voice. The personal stories interwoven make the 'how to' sections come alive, and could provoke anyone who picks up the book to explore their relationship with their voice.

'Do you want more vocal power, range or colour to make your mark on the world?

Does singing ever arouse passionate joy or sadness somewhere in you?

Your voice is designed to cry, whoop, scream and yell. When you speak, you're only accessing a small part of that power.'

This book is a user's manual for anyone with a voice!

Key topics from *Raise Your Voice*

All You Need to Get Started

- The three most common coaching requests: how to achieve power, range and colour.
- Common problems and how to solve them.

Body Language, Body Wisdom

- Your body gives you reliable messages about who and where you are right now.
- Developing awareness of your subtle messages, raising (or lowering) your status, self-confidence in a work setting.
- mindfulness and grounding in the body.
- How to use breath to change your reactions to stress, fear and anger.

Voice as a Gateway to Personal Power

- The Stand & Deliver method as a way of removing fear-based roadblocks in life

Voice for Presenters

- Formats for leaving a lasting (positive) impression. Tips on motivating, storytelling, influencing and inspiring.
- Common problems and their antidotes.

Women's Voice – The Quiet Revolution

- Some of the pitfalls of his-tory. Exploring the fear of 'too much,' 'being too bossy and how to avoid 'sorry.'

Singing – The Keys to the Cage

- Tips and tools for beginner to intermediate singers.
- How to find more power, colour and range – an easy guide to Estil vocal technique.

Voice Can Cure Society's Ills

- An historical perspective – singing as an agent of community and disruption.
- Where to position your singing in the present day
- A gateway to mindfulness, wellbeing and spirituality.

MEDIA & MARKETING

Interest in singing in choirs has grown exponentially over the last couple of years, currently 1100 community choirs in Melbourne alone.

Growing information on the mental and physical benefits of singing.

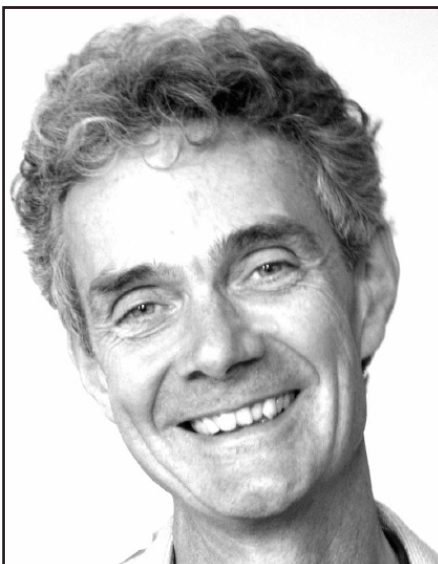
Large target audience of both women and men in corporate sector looking for ways to improve their presentation performance and speaking skills.

The author has numerous social media contacts through his work as a choirmaster and presentation tutor and mentor.

Author is a course tutor for the Victorian Bar Association, and has trained more than 250 barristers and is currently negotiating sponsorship from them to use the their Chambers for a launch.

Author currently runs three choirs and have 450 people on the database, all of whom have sung with him regularly or at some point over the last 11 years.

Weekend TV, radio and print media opportunities to be explored, especially in relation to overcoming mental health issues and drug addiction through singing.



ABOUT THE AUTHOR

Richard Lawton has had over 30 years experience as an educator, corporate trainer, theatre director and community choir leader. He has taught presentation skills with large firms, including (globally) Baker & McKenzie Lawyers, Boston Consulting Group, Exxon Mobil, Bristol Myers-Squibb and others and (locally) Telstra, Lander & Rogers Lawyers, Maddocks Lawyers, Freehills Patent Attorneys, Victorian and NSW Bar Associations, Victorian Legal Aid, and others. He has spent eleven years as a choir leader, is currently running three choirs, and uses singing as a healing modality in the eating disorder unit at The Royal Melbourne Hospital. Learn more at <http://www.ignitecoaching.com.au>