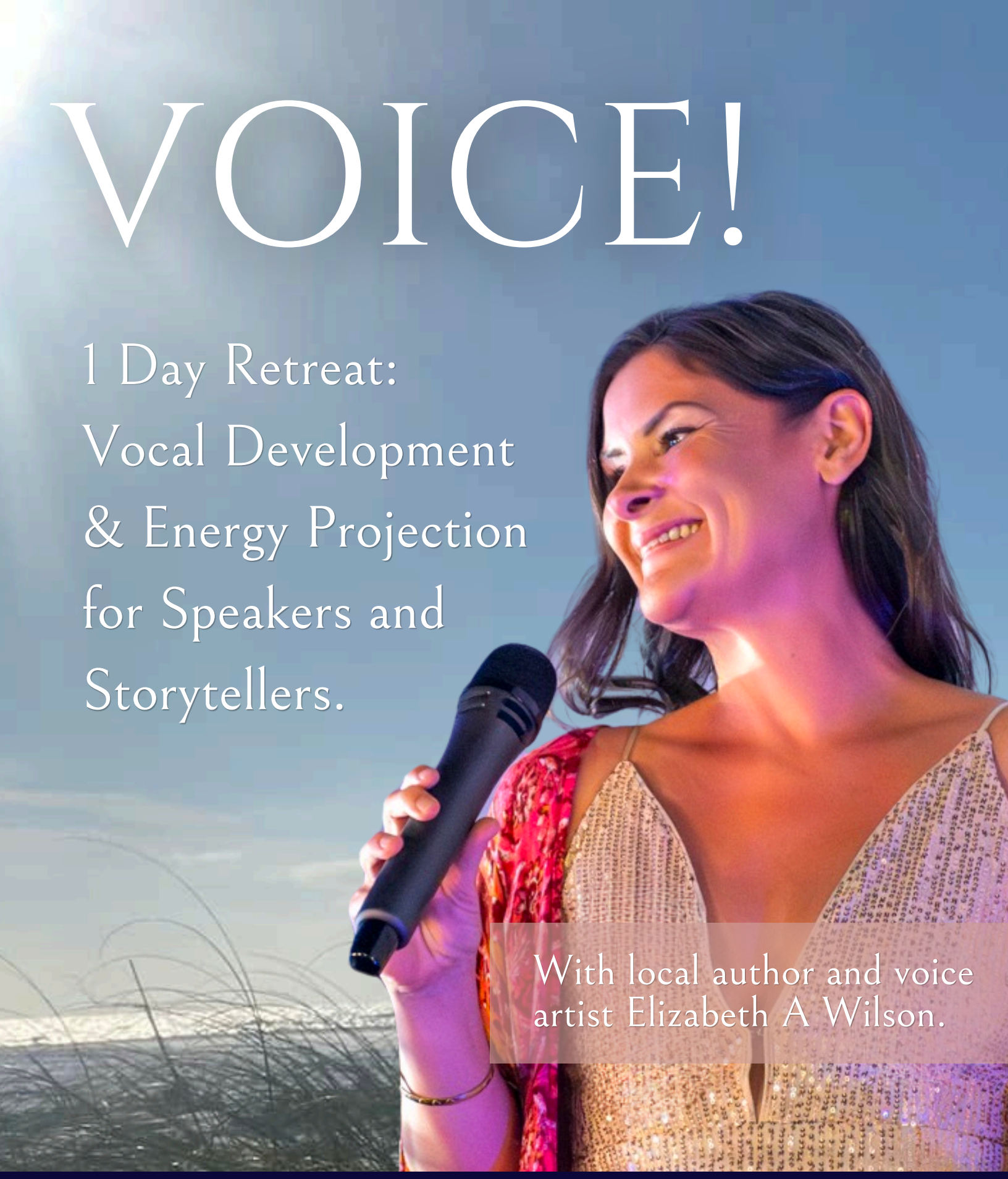
VOICE!



1 Day Retreat:
Vocal Development
& Energy Projection
for Speakers and
Storytellers.

With local author and voice artist Elizabeth A Wilson.

Private Location in Sarasota

One Day Retreat:
Vocal Development
& Energy Projection
for Speakers and Storytellers.

"A word fitly spoken is like apples of gold
in a setting of silver."
Proverbs 25:11

One of the most important, challenging and fulfilling parts of being a leader, is being able to speak out about your work.

The confidence in your voice comes from the embodiment of your work, what you know in your bones to be true.

The tone of your voice is produced in your throat by two bands of muscle tissue called vocal folds, which sit in your voice box at the top of your windpipe.

When your breath rushes through these folds, vibrations and sweet tones become frequencies that transfer energy to build universes and change lives.

You can develop your voice to project clearer, smoother and more heavenly tones.

You can communicate the authority in your voice by integrating your core values and managing your spoken rhythm.

You can simplify public speaking by having a framework for your voice to follow.

Come to
The Little Yellow Cottage, a
working homestead in Sarasota,
with a lovely garden
where we will spend the day
developing your voice.

Organic, homemade lunch and
refreshments throughout the day,
of course.

We begin with an immersive, interactive story called The River.

Through thought experiment and guided reflection this story helps release restrictions, and align your thoughts, energy and physical anatomy.

We train in vocal development including breath control, resonance and energy projection, learning a song that we will sing in harmony together at the end of our day.

During this time we also craft a signature angle that you can bring with you into your career as someone who speaks about their work.

You leave feeling confident in your voice and ready to speak beautifully about your work.

Day Retreat

- Full day retreat, private or small group.
- Vocal training in breath control, resonance and projection.
- Presence work, applied to your own story.
- A framework for your spoken material.
- A home-cooked lunch at The Little Yellow Cottage.

Fee:

$650 private individual

$250 group workshop (max 6)

Workshops Every Month

Register ASAP: elizabeth@sovereignsolutions.day

About Elizabeth

Elizabeth has been a grounded presence in the Sarasota/Bradenton area for over a decade, designing and facilitating instructional programs, coaching speakers and leaders on voice, storytelling, creative expression and personal sovereignty across dozens of venues and settings. She holds a degree in Criminology & Journalism, has written and published a fantasy novel, a mystery novel and the full-length original ontology The Sovereign Way. She is also an experienced public speaker, minister and performer, most recently producing and performing the immersive stage production, Alive.

She teaches from The Little Yellow Cottage, a working homestead in Sarasota, Florida, where storytelling, embodiment, and human formation are the foundations for her educational workshops.

To schedule your
One Day Retreat
with Vocal Development & Energy
Projection for Speakers and
Storytellers,

email
ELIZABETH@SOVEREIGNSOLUTIONS.DAY