CORPORATE WELLNESS & PERFORMANCE WORKSHOP

Unlocking the Power Behind Your Voice

Clinical vocal care principles paired with stage-tested techniques for executive presence, stamina, and team confidence.

Laura Mitchell Registered Yoga Teacher | Nutrition Coach | Musical Director



THE SILENT CHALLENGE

Vocal Fatigue & Missing Presence in Modern Teams

Vocal Strain & Fatigue

Hoarseness and physical strain caused by long days of pushing the voice through back to back pitches, calls and meetings etc.

Shallow Breathing & Stress

Physical tension limiting breath support and diminishing authority during critical meetings.

Lack of Projection

Difficulty commanding high-stakes presentations or articulating ideas with clarity and impact.

INTEGRATED APPROACH

The 4-Pillar Vocal Health System

1. Breathwork

Diaphragmatic control for stamina and immediate nervous system regulation.

2. Movement

Postural alignment to release neck, jaw, and upper-body vocal constriction as well as strengthen and train the diaphragmatic muscles.

3. Hydration & Nutrition

Fueling your body properly for vocal wellness and recovery to protect consistency and endurance.

4. Mindset

Performance psychology techniques to convert anxiety into authentic presence.

Tested at Scale

15+ Years

SESSION DYNAMICS

Interactive Workshop Breakdown

1. Group Movement Warm-Up

Release physical tension, allocate respiratory and diaphragmatic muscles, and educate on the vocal system.

2. Group Breathwork Practice

Tangible diaphragmatic exercises to build vocal resilience and regulate the nervous system under stress.

3. Vocal Activation & Application

Light vocal exercises to train projection, articulation, and authentic confidence while speaking and selling.

4. Take-Home Toolkits

Actionable daily practices and vocal hygiene guides for long-term consistency and team success.

FLEXIBLE FORMATS

Corporate Engagement Options

KEYNOTE

Interactive Keynote

60 Minutes | In-person or Virtual

- High-energy vocal activation
- Core breathwork fundamentals
- Best for Conferences & All-Hands

SIGNATURE

Team Masterclass

Half-Day (3 Hours) | Interactive

- Full somatic & breathwork integration
- Group resonance & projection drills
- Best for Sales & Leadership Teams

1-ON-1

Leadership Coaching

Multi-Week Intensive

- 1-on-1 vocal & presence diagnostics
- Custom presentation vocal prep
- Habit building individual vocal plan

TRANSFORM YOUR TEAM'S VOICE

Are you using your voice to its greatest potential?

Schedule a Discovery Session

Image Sources



https://speakerscanada.com/wp-content/uploads/2020/08/Carly-Sotas-Profile-Main-Image.webp

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