

## **Find Your Voice – Corporate Wellness Sessions**

**Fouder ROMINA KRIEGER, soprano and vocal coach**

Find Your Voice is a vocal wellness program designed to reduce stress, improve breathing, and enhance self-expression in a professional environment. Through simple and engaging vocal techniques, participants discover how the voice can become a tool for relaxation, confidence, and effective communication.

The sessions are highly adaptable:

- 30, 60 or 90 minutes
- Group workshops to strengthen team connection and foster well-being
- Individual sessions for personalized vocal development and stress management

No previous singing experience is required. Each session combines mindful breathing, vocal exercises, and interactive moments that promote presence, creativity, and overall wellness in the workplace.