



OVER THE SPOTLIGHT

Coaching Program

VOCAL DYNAMICS

 info@vocaldynamics.nl

 www.vocaldynamics.nl



TAKE 7 STEPS

Most people experience stage fright.
A little bit can be good.
Too much, and it stops you from
thinking. Or speaking.

We offer two solutions: one from mind,
and one from body.

First, we explore the challenges. Then,
we guide you through the change so
you can guide the action.



TO STEP **OVER** THE SPOTLIGHT

1. MIND SOLUTION

Maybe you already thought about it. Talked about it. But you probably did not have someone looking at your micro-expressions to guide you through the challenge. The exploration and techniques applied are entirely tailored to your needs and goals. The methods are flexible, adaptable, and strive to help you help you make new connections and step into new possibilities.

2. BODY SOLUTION

Emotions impact your breathing, and breathing certainly impacts your emotions. We tackle the physiological responses of fear so you can not only perform despite a stress response, but also reduce it significantly. Through improved breathing, posture and voice, you stimulate positive emotions and increase cognitive brain functions. Fear turns into readiness. Stage becomes a place of action, creativity, and possibility.

3. LASTING CHANGE

It is not about a positive mindset, or a stage mojo.
It is about discovering, learning and incorporating habits that offer your mind and body a good alternative to the usual stress response.

On stage, and before the stage.

**Change comes with
new habits.**

Of thoughts

Of breathing

Of movement

Of self-reflection

Of self-regulation



“

I lost my fears and I learned to communicate with emotion and genuiness. This was truly impactful for me.

Elisabeth Borges

NLP Coach, Hypnotherapist & Image Consultant

”



READY TO MAKE A MOVE?

Book a FREE Discovery Call

VOCAL DYNAMICS

 info@vocaldynamics.nl

 www.vocaldynamics.nl