

## **Keeping Your Voice Vital: Understanding Use, Function, and Care of the Vocal Mechanism**

Does your livelihood depend on the function of your voice?

If so, then you know how important it is to have a good understanding of the vocal mechanism.

Using your voice constantly in a professional capacity can put you at risk for damaging laryngeal and vocal function if proper techniques are not used. This can result in periodic limitations in vocal use, which can result in decreased productivity and the possible need for either short-term or long-term medical care.

This causes a net loss of time and money.

The purpose of this seminar is to educate those who are dependent upon vocal function to avoid abusive behaviors to the laryngeal mechanism that will impair vocal function. This seminar will teach you how to avoid vocal issues by learning to use your voice effectively and become familiar with techniques that can mitigate issues should they arise.

At the end of the seminar, each participant will be able to:

1. Demonstrate familiarity with laryngeal structure and function
2. Understand vocal misuse and abuse and its subsequent consequence on the structure and function
3. Identify behaviors being employed during specific work-related tasks that may contribute to decreased vocal function.
4. Practice therapeutic strategies to improve vocal function should abusive behaviors yield decreased function.
5. Engage in practice sessions to facilitate generalization of therapeutic strategies.
6. Recognize laryngeal use pattern that would avoid the effects of abusive patterns.

This is a full four (4) hour seminar comprised of 40% lecture, 30% participant interaction and 30% practice sessions. Course is restricted to address specific needs of the company being educated. The number of participants is limited to maximize participating benefit. Group interaction is strongly encouraged. Special conditions may apply and specific arrangements can be made. Materials are provided and included in the tuition cost.

Tuition Cost: \$300