

## **Naveen Arles**

### **Session Starters**

#### **WarmUps that energise and develop connection and musicianship in the room**

What do you call the first 10-20mins of your rehearsals? And what is your actual goal with that time? Activate the voice? Sure. But if good singing technique relies on a relaxed, well poised and confident instrument then really you HAVE to both engage the whole being and 'activate' them. Learn some great exercises, explore and juice up your own bag of tricks so that session starters are always brain-gym, breath freeing musicianship games that generally come with laughter.

## **Abi Mann-Daraz**

### **Invisible Inclusivity**

#### **Facilitating space for all to belong**

How do we facilitate an inclusive, safe, neurodiverse-sensitive singing space for all? Human beings are deeply diverse, with invisible needs and wonderful complexities. How we can best serve in our singing environments is a deeply important and complex question, unlikely to be answered in one afternoon. However, the content of this session breaks down what we know, what we may not know, and what our next steps may be. Following sensitive discussions, reflections, and practical activity, it is hoped we will all walk away with knowledge, reassurance, and tangible, compassion-based points of action to ensure our singing environments are offering space for us all to belong.

## **Omari Carter**

### **Embodying Rhythm**

#### **Get your choir's collective left feet to move with energy and purpose**

Ex-cast member of Stomp and Lecturer in Dance at London Contemporary Dance School, Omari will provide games, drills and exercises that will help build coordination and groove within a choir. From his 12 types of swaying to an introduction to body percussion, you can be sure to leave with tools to better direct movement and body music within your own organisations.

## **Dr Amy Bebbington**

### **Intentions, Trust, Action.**

#### **Gestures speak volumes for the silent musician**

Sound requires movement, but what does that movement look like through the human body? How do we successfully show the movement of sound through our gestures? And how do 'choral leaders' initiate and invite the vocal sounds they desire through the silent movements they make? Amy will touch on several methodologies and approaches that will hopefully inspire you to think more broadly about how to *teach* and *lead* singing groups, both conventionally and unconventionally!

**Dr Jenevora Williams**

### **The Learning and Feeling Brain**

#### **From Chaos to Order: pieces, patterns and process - the path to perfection?**

Some understanding of neurology can lead us to counter-intuitive actions. When is silence more useful than feedback? Why does play and a messy muddle give us quick solutions? Why are questions more useful than answers? Myth-busting, challenges and some clever stuff to feed your hungry brains.

**Harlano Weekes**

### **Gospel #SingLive**

#SingLive with Harlano, director of CK Gospel Choir and long-time music industry professional. Come, learn, laugh, be put through your paces and sing your heart out!

**Liz Swain and Kevin Fox**

### **No Safety Net**

#### **Unlocking creativity through improvisation**

We all have music inside us. Sometimes we just need help getting it out. Using the musical tools we already possess, this workshop demonstrates that when we let go and listen, we can all create music in the moment. Starting with fun and focus-building games, participants are taken through a series of structured exercises using simple sounds, moving to duets and trios, to multi-layered large ensemble compositions. Singing without a safety net is both empowering and practical for any singer or ensemble.

### **Speed Writing**

#### **Songs in 30 minutes or less!**

For some, the biggest barrier to creativity is just getting started. This workshop encourages us to jump in and go, before our brains can say no! Starting with playful improvisation to unlock creativity, participants will work together to compose short and simple songs, and perform them at the end. It's all about trusting your instincts, saying yes to your first idea, and going wherever the music takes you – and there's no time for perfection, because the clock is ticking! This fast and fun workshop is guaranteed to make you laugh, and will hopefully give you more confidence to get creative.