## About Teaching and Coaching with Flora The wonderful thing about singing, songs, performing or just reading or listening to music, lyrics, rap and songs is their capacity for improving and supporting us with various areas such as: Education Reading Administration Spirituality Wellbeing Healing Communication and Behaviour Music Development Performance Music Performance Public Speaking and Creativity TEACHING GOALS If I was going to learn a song or perform a piece of music or a track, the first thing I would need would be inspiration. I would, therefore: 1 Listen to the track or piece several times and make notes of what I like; also, any potential challenges. One reason that inspiration is so important is, because of, its potential to support us with healing, conflict resolution, aggression and stress and anger management alongside improving music performance technique i.e. via warm ups. This might include humming, scales, arpeggios, breathing, releasing tension and relaxation exercises. 2 The second task might be to learn the melody and practice singing in tune (known as good intonation) which requires that we are aware of our range. For example, one might be learning a piece then need to arrange the melody or music, to a higher or lower pitch, in order to sing or perform it comfortably. 3 Third is to study the lyrics. You might decide to mime first then whisper or work on diction. By using a metronome, we are able to improve tempo and sing in time. 4 Point four is rhythm. Here, we ensure that we can clap and perform the melody with the correct rhythm. 5 Point five is projection and tone production which I personally believe is easier to improve when combined with… 6 Point six – which is about musicianship and getting into character. This might include: - reading the lyrics first then imagining the scene - being clear about the theme - phrasing - blending with accompanying instruments and/or beats - dynamics - conducting your own research and - recording and critiquing self to enhance your overall performances. COACHING GOALS 1. Coaching is a transformative experience as it supports clients with personal and professional growth. We provide Traditional Coaching or Coaching via songs, music, lyrics, rap and performance. At each session, we discuss the aims and goals you’d like to achieve alongside what might support your overall development. 2. Coaching can support you with preparation by providing you with the knowledge and skills to: a. work within personal and professional boundaries and ethical guidelines – whether at home or work b. keep you and your family, colleagues, clients, and other people safe c. develop via your school, college or university’s curriculum. For example, with preparing for examinations, auditions, performances and interviews. 3. Coaching can help you understand what best practice looks like 4. Coaching can help you build confidence and develop an effective self-care routine alongside marketing, management and non-violent communication skills. For example, resilience, self-regulation and the ability to ‘pause’ before responding and dealing with difficult situations. 5. Coaching can help you grow as a person and assist you with maintaining your own mental health. So that’s a summary of my approach. Thanks ever so much for reading this. Enjoy and do feel free to contact me should you have any queries. Also, if you are potentially interested in coaching or teaching sessions in various areas including: -Violin -Singing -Music Performance -Fast track Career Coaching with CV support -Talent, Music and Artist Development -Cognitive Behavioural Coaching -Performance Coaching The services include a free 30-minute exploratory session via zoom or phone. More information is available to read and tracks to listen to via bottom of pages 2 and 3 of my website which is [www.gyreentyp.com](http://www.gyreentyp.com) About Flora Finch Ms Flora Finch is an experienced and qualified Musician, Music Tutor, Coach and Assistant (Administration, Teaching, Learning, Support Worker, Special Educational Needs, Safeguarding, Music, Welfare and Counselling). She is also a Safety Rep for the Musicians Union. She taught music performance for several years which included teaching at the WAC (Weekend Arts College), Hampstead Hall in London. She has been a judge at vocal competitions and music coach for recording and live artists in the UK with music industry professionals. She prepares a lot of talent, voice, vocal, musicians, artists and students for nursery, school, local and international performances, tours, recordings, interviews, promotion, business and examinations. Flora has also assisted with coaching choirs and facilitated workshops for early years with their parents, carers and guardians. She takes a calm, encouraging, bespoke and person-centred approach. She also treats each student and client as an individual whilst helping them reach their full potential and make improvements in all areas of their lives. She is very experienced in many aspects of teaching, learning and coaching and is able to assist therapists, as she received funding from BAPAM (British Association of Performing Arts in Medicine) for further study of up to three years. She has so far attained a Level 3 in Counselling Studies and is able to assist counsellors with physical, mental, and emotional problems as well as challenges such as stress, depression, anxiety and learning difficulties. Ms Finch offers support with aspects of talent, career, personal, professional and business development. She believes that comprehensive self-care, prioritising, developing an ethical, humanitarian and spiritual attitude and healthy relationships are very important for a fulfilling life. Flora is a 4-time award winner with a degree in Music Performance and a diplomas in Management. She also attained qualifications in: Administration, Financial Record Keeping, Paediatric First Aid, Childcare and Education, Safeguarding, Food Hygiene, Cognitive Behavioural Coaching and Counselling Studies. If required, a holistic and therapeutic approach is available which is grounded in the wisdom of various traditional, creative, coaching, learning and teaching theories and pedagogies. Also, if preferred, music, songs and lyrics that heal, motivate and inspire are included. The above-mentioned areas support with alleviating physical, spiritual and emotional concerns and working through blockages that limit our ability to make progress. Ms Finch is able to combine this with other techniques and services including Stress Management, CV support, Administration and Life Skills that include relaxation, breathing exercises and humour. Additionally, various Support and Music Services to achieve an improvement in revenue, business, performance, balance and wellbeing in her clients. Flora is available for a free 30-minutes trial lesson or session.