

# HEALTHY MIND, HEALTHY VOICE

(Part of the new BVA@home online courses)  
Sat 27th June - Sun 28th June 2020



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## **SATURDAY 27th June 2020**

13.30-14.00           Arrival and Introductions

14.00-15.00           **Petra Raspel Borzynski** (Keynote): Vocal Coach, Performance  
Psychology Specialist and Cognitive Behavioural Coach

**TITLE:**               *What we focus on expands: Cognitive-Behavioural and Somatic  
Approaches to Peak Performance for Voice Users with Performance Anxiety*

15.30-16.00           **Lucinda Heyman**: Vocal and Performance Coach

**TITLE:**               *Creating a Confident Performer*

16.30-17.00           **Rebecca Moseley-Morgan**: Singer, Researcher Specialist in the Mature Voice  
with contributions from **Pippa Anderson**: Voice, Singing & Rehabilitation  
Coach

**TITLE:**               *Addressing Mental Health Issues in the Studio*

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## **SUNDAY 28th June 2020**

09.30-10.00           Arrival and Introductions

10.00-11.00           **Dr Jenevora Williams** (Keynote): Singing Teacher and Rehabilitation Coach

**TITLE:**               *Emotions and Voice: What are emotions and how can our response to them be  
both an advantage and a challenge for a performer?*

11.30-12.00           **Emily Foulkes**: Practitioner Researcher

**TITLE:**               *Trauma and Mental Health Informed Approaches to Singing and Voice  
from One to One Work with Children and Young People*

12.30-13.00           **Lucinda Allen**: Teaching Fellow in Vocals (ICMP) and **Rosario Mawby**:  
Popular Music Performance Deputy Programme Leader (ICMP)

**TITLE:**               *Creative Approaches to the Healthy Voice: Considerations for Higher  
Education Practices*

13.15-13.30           Round-up

**NOTE: sessions will be followed by a 15 minute Q&A**