

Unit 1, Module 5

Peer Coaching Workshop

For the workshop:

Coaching is a dance. What we want is to **keep objectives as simple and singular as possible**, and then let our **client's brain solve the problem**.

This is an unfamiliar paradigm to most teachers and coaches. However, it *IS* the way that brains learn best. You want to provide **guidance, rather than instruction**, as you observe your client's brain figuring out how to meet the objective.

There will be **two 25-minute breakouts**. Please use the **first** breakout with **Person A** as the coach, and the **second** with **Person B** as the coach.

- **10-minute Hunn**
 - Do the "Find the Hunn" exercise using the script.

- The *initial* objective of this exercise is to *shift the singer's attention from what they hear to what they feel*.
- Use a single, sustained pitch. The goal is to generate a feeling. If the singer is having trouble, try:
 - the Cranky Goose exercise. (2 short “hnn” and then the sustained “hnn”)
 - The *bad attitude* “hnn” (or, doing it with a sneer).
 - Make the sound of... [electric toothbrush, blender, leaf blower, etc.]
- It does not have to be perfect. If you hear a little bit of “sing file” or unnecessary laryngeal effort, you can let that go for now. (That’s the next step! 😊)
- Your goal is to coach the singer through this process. Guide, suggest, and ask for feedback. **Help them** stay focused on what **they feel**, rather than on what **you think**.

- **10-minute Hunn-ee**

- Do the “Hunn-ee” exercise using the script.
- This is the exercise that teaches the brain to “do the math” based on interoception.
 - The objective of this exercise is to begin the process of using interoception to allow the brain to predict for *exactly what’s needed* to match the singer’s intention.
 - Do this on a single pitch, and in a comfortable range.
 - It is very common for the singer’s brain to predict for that sustained “ee” and get all up in the Sing File.
 - This can be addressed by breaking up the exercise into 3 parts:
 - Predict for the hunn
 - Experience the “nnn” feeling
 - Move the “ee” into the “nn” space with the intention of keeping the feeling as consistent as possible.
 - Take it easy. 😊 It doesn’t have to be perfect right away.

- **If it's all just too darn easy...**

- ...and your “client” is rockin’ it, move things around a little bit.
 - Do the *hnnn* on a 1-2-1 pattern (do-re-do). This will encourage the sing file, so the coach can practice helping the client focus on the intention *as* they do the exercise. (e.g., not stopping to tweak or instruct, but rather guiding their attention spotlight).
 - Take that 1-2-1 exercise past some frequencies (pitches) that your client finds challenging.