

Level 2: NVM Certified Coach



Course Calendar

Fridays, January 30, 2026 - July 24, 2026

9:00 Pacific time, 10:00 Mountain & CST, 11:00 Central, 12:00 Eastern, 17:00 British Isles, 18:00 Central Europe
Classes meet for 90 minutes, once per week

Unit 1: The Nervous System and Singing

January 30 - March 6

- ❖ January 30 Module 1 Brain Basics: *What Brains Are For*
- ❖ February 6 Module 2 An Inside Job: *Interoceptive Awareness*
- ❖ February 13 Module 3 Doing the Math: *Your Brain Does the Heavy Lifting*
- ❖ February 20 Module 4 The Neural & the Vocal: *Building on Neurological Tools*
- ❖ February 27 *Scheduled & Recorded Coaching Workshop*
- ❖ March 6 Module 5 Peer Coaching

Unit 2: Singing Popular Styles

March 13 - May 1 (*no class April 3 and 10*)

- ❖ March 13 Module 6 The Nasty Triangle: *Blending High in Popular Styles*
- ❖ March 20 Module 7 Registration: *Vocal Camouflage and Textures*
- ❖ March 27 Module 8 Style: *How's That Going to Happen?*
- ❖ April 17 Module 9 Stylecraft Tool Box
- ❖ April 24 *Scheduled & Recorded Coaching Workshop*
- ❖ May 1 Module 10 Peer Coaching

Unit 3: The Respiratory System and Singing

May 8 - June 12

- ❖ May 8 Module 11 The Parts & The Whole: *The Respiratory System*
- ❖ May 15 Module 12 Breathe Like a Chimp
- ❖ May 22 Module 13 Connect the Dots: *A Reliable High Mix*
- ❖ May 29 Module 14 Putting It Together: *IRL Applications of NVM*
- ❖ June 5 *Scheduled & Recorded Coaching Workshop*
- ❖ June 12 Module 15 Peer Coaching

Unit 4: How Brains Learn

June 19 - July 24 (*July 26*)

- ❖ June 19 Module 16 Your Brain Sings Before You Do: *Now That You Know*
- ❖ June 26 Module 17 The Hands of Time: *Attention Molds Learning & Behavior*
- ❖ July 3 Module 18 A Different Ball Game: *Coaching for the PM Singer*
- ❖ July 10 *Scheduled & Recorded Coaching Workshop*
- ❖ July 17 Module 19 Peer Coaching
- ❖ July 24 Module 20 Final Class
- ❖ (*July 31*) *Please reserve this date for any necessary rescheduling.*

NeuroVocal Method Professional Training

2026 Syllabus: Level 2 - NVM Certified Coach

What is NeuroVocal Method for Popular Styles?

This neurodidactic approach to singing for microphone-based genres was developed by Meredith Colby. Originally intended to help singers address amplified performance situations in which their ability to hear themselves is limited, NeuroVocal has proved to be an effective methodology for singing.

Based on neuroscience, this adaptive method guides the singer to an internal experience of phonating and singing. Exploiting the tendencies of the brain, singers learn to utilize predictive processing to alter their existing motor response to the intention to sing. Colby developed exercises to help singers allow unfamiliar interoceptive sensations, which in turn open up sustainable and powerful sound possibilities.

Why we do it...

The goal of this class is to empower voice professionals, teachers, and coaches, with knowledge and tools that serve singers of popular (microphone-based) styles.

The overwhelming majority of music consumed and performed around the globe is popular music.

As independent and adjunct voice pros, the majority of singers who seek our services are interested in popular music, contemporary music theater, or both.

NeuroVocal pro level training will equip you to confidently serve this population, as well as discover new ways to enjoy your own singing.

What we're doing...

With regular attendance, this course will give you tools for teaching and coaching singers of popular styles through a neurodidactic framework.

What's required to obtain the Certificate of Completion...

NeuroVocal Method Certificate of Completion will be awarded to people who attend:

- **at least 15 of the 16** online class meetings in real time. Arriving 30 minutes (or more) late or leaving 30 minutes (or more) early will count as missing ½ a class.
- **10 of the 10 private coaching sessions.** Scheduling all private coaching sessions upon registration is recommended. The first session should be scheduled on course week 3 or 4, and subsequently every other week.
- **3 of the 4 peer coaching sessions.**
- **3 of the 4 live coaching observation sessions.**
- Submission of two 30-minute videos of you coaching using NVM tools and approach.

What the course aims to provide:

The intentions for this class are:

- A basic knowledge of our brains, and how they interface with our voices and our bodies.
- Some understanding of popular music and singing styles; the values, the experiences, and style vocabularies.
- Ideas and techniques for coaching singers of popular styles.

- An introduction to neural didactics: the intersection of neuroscience and education.
- An introduction to using certain neurological and physiological principles to create freedom of expression in singing for popular styles.

How we're doing it...

- Sixteen 90-minute **weekly class sessions**
- 10 **private coaching** sessions
- 4 **peer-coaching** sessions
- Four **coaching observation** sessions
 - Volunteers welcome!
- Done-for-you class notes
- Downloadable scripts and guides
- Downloadable articles
- Reference videos
- Communication via email
- Private Facebook group
- Read and/or reference *Your Brain Sings Before You Do*
- Optional self-paced course, **Introduction to NVM**

What the format looks like...

This 24-week class is organized in structure, and informal in tone. As participants acquire and apply new knowledge and skills, they're encouraged to share their experiences and insights. In this way, the group grows together through the class experience.

- Pre-course: Email welcome series with information and downloads.
- After each weekly class: **Recap + links** to folders with previous class recording and support materials, and upcoming class information.
- Short video presentations about the unit topic
- Lectures expanding on video points
- Class discussions
- Peer coaching sessions
- Recorded classes are made available for reviewing or catching up
- Support resources for all modules
- Coaching observation sessions

What a typical class looks like...

- 20 mins: Check-in and sharing
- 6-10 mins: Video
- 30 mins: Lecture on video highlights
- 20 mins: Workshopping application
- 10 mins: Questions & troubleshooting

What are some of the extras...

- Homework that's encouraging, not overwhelming
- Support materials for everything we cover
- Scripts & crib sheets to walk you through teaching the NVM principles
- Choice of **finance-free** payment plans
- **E-copies of MONEY NOTES: How to Sing High, Loud, Healthy, and Forever** and **Your Brain Sings Before You Do.**

- **Access** to the self-paced course *Introduction to Neuro-Vocal Method* on the *Teachable* platform
- NeuroVocal Method Level 2 completion certificate

What you need to know about your certification:

Your certification is valid for the year during which you complete the course.

You'll be given an annual invitation to keep your certification current via continuing education. NVM Certified coaches in good standing will have attended at least two of the 3 to 4 continuing education courses offered annually via the NeuroVocal Method website.

You will be notified (more than once) via email about these continuing education opportunities.

Weekly syllabus (4 Units):

UNIT 1: The Nervous System & Singing

This unit explains the predictive brain and addresses common myths about the brain. Why a sensory/interoceptive experience of sound production allows for faster learning and is more reliable than basing learning on listening and aural feedback. How the brain creates efficient phonation. Why phonation precedes singing and how the two organically integrate. Why one's judgments about vocal sounds - both the self and the student - are typically unreliable when the goal is healthy phonation. Principles covered are No.1: *Developing Interoceptive Awareness ("Find the Tinn")* and No. 2: *Your Brain Does the Math ("The Buzzy Bridge")*.

Module 1_Brain Basics: *What Brains Are For*

Module 2_An Inside Job: *Interoceptive Awareness*

Module 3_ Doing the Math: *Your Brain Does the Heavy Lifting*

Module 4_ The Neuro & The Vocal: *Building on Neurological Tools*

During this unit: Scheduled & recorded *Coaching Observation*

UNIT 2: Singing Popular Styles

This unit addresses myths about popular singing, the values of popular styles, the needs of the singer of popular styles, the role of microphones and amplification, and the vocabulary of styles. The role and application of vocal textures and colors are explained and adopted. Principles covered are No. 3: *Creating Conditions and Allowing Change* (“*The Nasty Triangle*”) and No. 4: *M2 Applications & Coordination* (“*Cartoon Mouse*”).

Module 5_ The Nasty Triangle: *Blending High in Popular Styles*

Module 6_ Registration: *Vocal Camouflage & Textures*

Module 7_ Style: *How's That Going to Happen?*

Module 8_ Stylecraft Tool Box

During this unit: Scheduled & recorded *Coaching Observation*

UNIT 3: The Respiratory System & Singing

This unit explores the ways that breathing for microphone-based genres differs from acoustic genres. Basic breathing anatomy, breathing to exploit the phrenic nerve, and the role that tracheal pressure (breath support) and laryngeal balance play in creating a sustainable high mix (blend, or “belt”). This unit will lay out the progression of an effective NVM coaching session. Principles covered are No. 5: *Engaged Respiration & Embodied Learning (“Power Breathing”)* and No. 6: *Predictive Vocal Tract (“Dog Mouth”)*.

Module 9_ The Parts & The Whole: *The Respiratory System*

Module 10_ Breathe Like a Chimp

Module 11_ Connect the Dots: *A Reliable High Mix*

Module 12_ Putting It Together: *IRL Applications of NVM*

During this unit: Scheduled & recorded *Coaching Observation*

UNIT 4: How Brains Learn

This unit both recaps and expands on what we've learned about the brain in both learning and singing. Coaching skills have been integrated into the overall structure of the class, and in this unit, we gather them together to enhance confidence in their application.

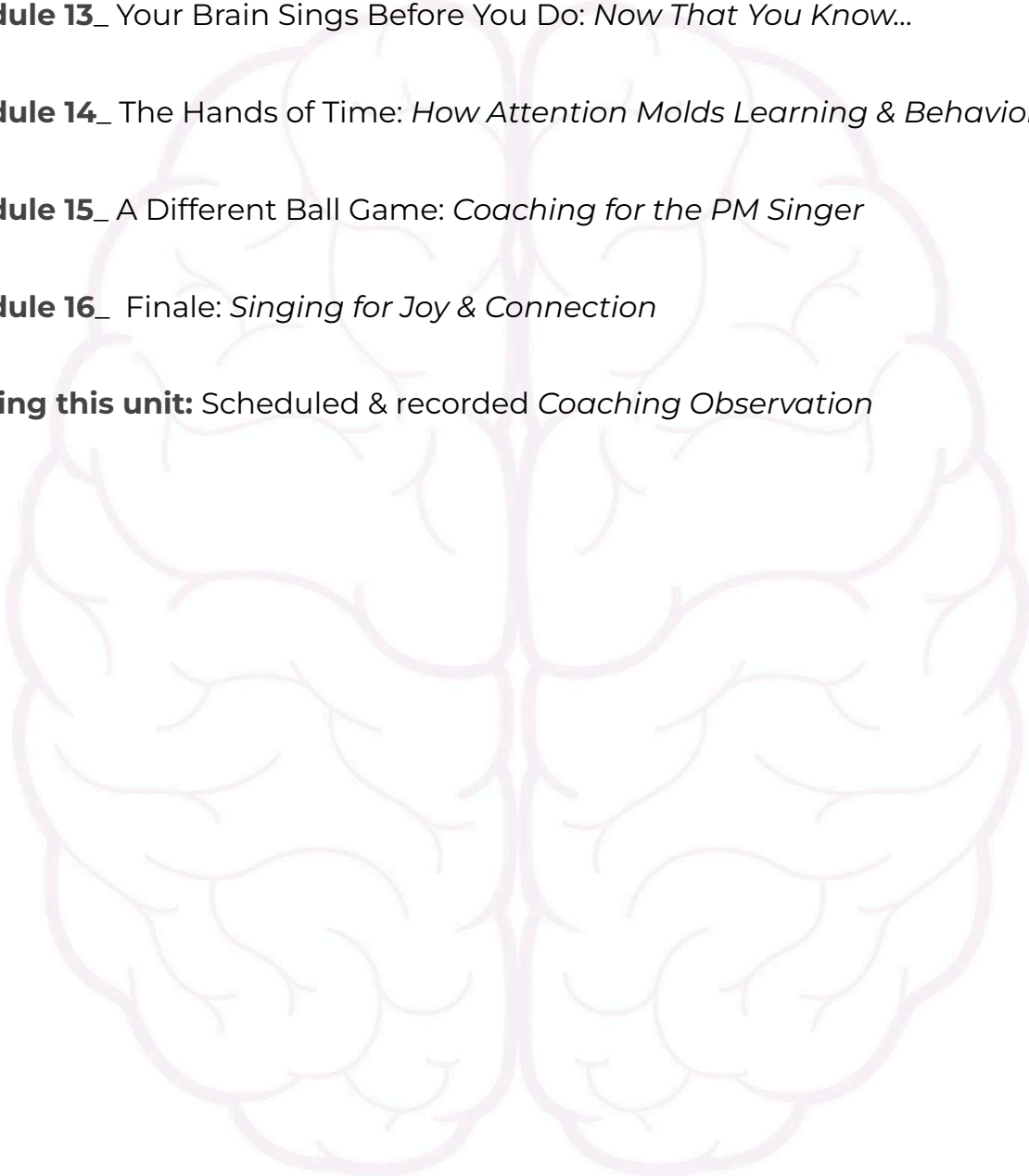
Module 13_ Your Brain Sings Before You Do: *Now That You Know...*

Module 14_ The Hands of Time: *How Attention Molds Learning & Behavior*

Module 15_ A Different Ball Game: *Coaching for the PM Singer*

Module 16_ Finale: *Singing for Joy & Connection*

During this unit: Scheduled & recorded *Coaching Observation*





Professional Training

Requirements & Permissions

LEVEL 2: NVM Certified Coach

2026 Tuition Fee: \$3900

Requirements

- Attend 15 of the 16 live classes
- Attend 3 of 4 peer coaching
- Attend 3 of the 4 live song coaching sessions
- Attend all 10 private coaching sessions
- Submit two 30-minute videos of you coaching using NVM principles for feedback
- Option to keep your certification current via continuing education

Free financing:

- 6 months @ \$650/mo
- 12 months @ \$325/mo
- 18 months @ \$217/mo

Benefits

- Be an official *NeuroVocal Method Certified Coach*
- Listed as an NVM Certified Coach on *NeuroVocalMethod.com* site
- Post logo and certification on any and all marketing
- Use NVM intellectual property, including creating your own content using NVM intellectual property (*with attribution*)
- Be on an exclusive mailing list of the NVM coach community
- Get all the most recent copies of materials as they are updated
- Get discounted 1:1 mentoring meetings or coaching with Meredith
- Make offers with NVM brand
- Up to three training events per year exclusively for NVM coaches



NeuroVocal METHOD™

Professional Training

	LEVEL 1: <i>Course Completion</i>	LEVEL 2: <i>Certified Coach</i>	LEVEL 3: <i>Licensed Instructor</i>
16 real-time-virtual 90-min learning modules	✓	✓	✓
4 live song coaching observations	✓	✓	✓
4 peer-coaching labs		✓	✓
Private coaching sessions	à la carte	10 sessions	36 sessions
3 video submissions for encouraging feedback	à la carte	3 submissions	12 submissions
Listed on <i>NeuroVocalMethod.com</i> site		✓	✓
Small class size	✓	✓	✓
Recorded classes available for 2 months	✓	✓	✓
Downloadable support materials	✓	✓	✓
Done-for-you class notes	✓	✓	✓
E-book <i>Money Notes: How to Sing High, Loud, Healthy & Forever</i>	✓	✓	✓
Free application meeting		✓	✓
Free payment plans	✓	✓	24-month payment option
Membership to our Facebook group	For course duration	✓	✓
Printable certificate	✓	✓	✓
Options to stay current with your certification		✓	✓
Exclusive <i>Certified Coach</i> training offers		✓	✓
Permission to create education content based on <i>NVM</i> principles		✓	✓
Train and certify other voice pros			✓
Mentor with Meredith Colby			✓