



Module 4.1: Level 2

Unit 1 End: *Peer Coaching Workshop*

Unit 1, Week 6 (of 6)

Peer coaching

Unit 1 End: Peer Coaching is to allow or encourage coaches to become familiar (or more familiar) with the recommended application of NVM principles.

Overall focus of the class: Your focus is to guide and encourage. Bring attention to what was effective or what was discovered. If someone needs corrections, create context by explaining the principle, and guide them to discover the efficacy of the scripts.

- **Before class:**

- Check in 15 mins before class: any emails or texts?
- Open or print instructor notes
- Pull up your *Step Zero* and *Find the Tinn* scripts



- Print it out, or have it in your tablet (however you'd use it in a lesson).
- Have it handy. You may use it in this session.

- **Jump into class:**

- Do not begin with a check-in.
- If housekeeping is needed, try to keep it short. Housekeeping refers to any part of the technical (web, email, Zoom) or administrative part of the class.
- Explain how the peer coaching will go, and give everyone a chance to bring up their scripts.
 - Hopefully, they already have them, because you sent them an email reminder, but people are people.

Peer coaching workshop:

There will be two 25-minute coaching sessions. EITHER, set the breakout room timer, OR, after putting people in the breakout rooms, set a timer.

Coaching Session No. 1:

- 25 minutes in a breakout room with a partner
- **Person A** coaches, **Person B** is the client



Discussion:

Take a 10-15 minute break here to ask questions. Ask each “client” what they appreciated about their “instructor’s” approach. What did they learn?

BREAK:

Coaching Session No. 2:

- 25 minutes in a breakout room with the same partner
- **Person B** coaches, **Person A** is the client

Discussion:

Take a 10-15 minute break here to ask questions. Ask each “client” what they appreciated about their “instructor’s” approach. What did they learn?

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For the workshop

- **Step Zero**
 - This *may be* all you get to today. That’s ok!
 - Use the script as close to the written version as you can.



- **The objective** of this exercise is to help the singer point their attention toward a very specific interoceptive awareness.
 - Do this on a single pitch, and in a comfortable range.
 - Take it easy. 😊 It doesn't have to be perfect right away.
- **Find the Tinn**
 - *Step Zero* leads directly into *Find the Tinn*.
 - If *Step Zero* goes easily and quickly, move naturally into a few minutes (or a few semitones) of *Find the Tinn*.
 - **Take notes**
 - If you have questions or come up against a roadblock, please take note! If you have a question, so do other people!
 - This is how NeuroVocal keeps getting better! Smarties like YOU ask the questions—and make the points—that move it forward!