

Level 1: NVM Course Completion

Course Calendar



Thursdays, January 22, 2026 - May 14, 2026

10:00am Pacific time, 11:00am Mountain & CST, 12:00pm Central, 12:00pm Eastern, 5:00pm British Isles, 6:00pm Central Europe

Classes meet for 90 minutes, once per week

Unit 1: The Nervous System and Singing

January 22nd - February 12th

- ❖ January 22 [Module 1](#) Brain Basics: *What Brains Are For*
- ❖ January 29 [Module 2](#) An Inside Job: *Interoceptive Awareness*
- ❖ February 5 [Module 3](#) Doing the Math: *Your Brain Does the Heavy Lifting*
- ❖ February 12 [Module 4](#) The Neural & the Vocal: *Building on Neurological Tools*

Unit 2: Singing Popular Styles

February 19th - March 19th

- ❖ February 19 [Module 6](#) The Nasty Triangle: *Blending High in Popular Styles*
- ❖ February 26 [Module 7](#) Registration: *Vocal Camouflage and Textures*
- ❖ March 5 [Module 8](#) Style: *How's That Going to Happen?*
- ❖ March 12 [Module 9](#) Stylecraft Tool Box

Unit 3: The Respiratory System and Singing

March 19th - April 9 (no class April 9th)

- ❖ March 19 [Module 11](#) The Parts & The Whole: *The Respiratory System*
- ❖ March 26 [Module 12](#) Breathe Like a Chimp
- ❖ April 2 [Module 13](#) Connect the Dots: *A Reliable High Mix*
- ❖ April 16 [Module 14](#) Your Brain Sings Before You Do: *Now That You Know*

Unit 4: How Brains Learn

April 23rd - May 14th

- ❖ April 23 [Module 15](#) Your Brain Sings Before You Do: *Now That You Know*
- ❖ April 30 [Module 16](#) The Hands of Time: *Attention Molds Learning & Behavior*
- ❖ May 7 [Module 17](#) A Different Ball Game: *Coaching for the PM Singer*
- ❖ May 14 [Module 19](#) Final Class
- ❖ (May 21) *Please reserve this date for any necessary rescheduling.*

NeuroVocal Method Professional Training

2025 Syllabus: Level 1 - Completion Certificate

What is NeuroVocal Method for Popular Styles?

This neural didactic 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 singers of popular styles, informed by neuroscience.

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.

Leaving early or coming late will be counted in 30-minute intervals.

Missing three 30-minute intervals will equal missing one class meeting.

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**.
 - In real time via Zoom
- Four optional **coaching observation** sessions
 - Volunteers welcome!
- Communication via email
- Private Facebook group
- Optional self-paced course, *Introduction to NVM*

What the format looks like...

This 16-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
- Recorded classes made available for reviewing or catching up
- Support resources for all modules
- Coaching observation sessions
- À la carte private 1:1 coaching for singing and/or coaching

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
- An **E-copy of MONEY NOTES: How to Sing High, Loud, Healthy, and Forever**
- **Access** to the self-paced course *Introduction to Neuro-Vocal Method* on the *Teachable* platform
- NeuroVocal Method Level 1 completion certificate

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 & Benefits

LEVEL 1:
NVM Certificate of Completion

2025 Tuition Fee: \$899

Requirements

- Attend 15 of the 16 live classes
- Missed classes are available on replay
- Optional attendance for live song coaching sessions
- Missed observations are available on replay

Free financing
One payment @ \$899 USD
3 months @ \$300/mo
6 months @ \$150/mo

Benefits

- Have the opportunity to upgrade to *Certified Coach* training for first 6 weeks of class
- Get the feel for NVM principles in your own singing
- Add *NVM Certificate of Completion* to your CV
- Have the opportunity to add reduced-price private coaching and/or video feedback on your coaching (à la carte)
- Be on exclusive mailing list
- Use NVM principles with attribution
- Free financing

NeuroVocal for Popular Styles: *Professional Training Requirements & Permissions*



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 NVM principles		✓	✓
Train and certify other voice pros			✓
Mentor with Meredith Colby			✓