



Leslie Helpert: Human Emotion and Leadership: The Practice of the Embodied Voice



Leslie Helpert is the creator of Therapeutic Vocal Performance Technique, a voice-based, somatic practice that combines her 20+ years as an international educator, composer/performer, multi-spectral artist, therapeutic coach and yogi. Join Leslie in experiential practices to explore the medicine of the somatic voice, a self-regulatory, therapeutic tool, biologically built to benefit both our own wellness and our collective evolution.

TOP EMBODIMENT TIP: You cannot check out when using the voice.

The Instrument Body: A universal poetic anatomy

- Your body -- like a guitar, a cello, a windmill, is a commandeering instrument that brings in the power of breath, or the power of energy around it, allows that power to move through your diaphragmatic pathways and all your cells and tissues, and then releases sound to empower the area around you.
- We're not DOING voice -- breath is doing voice. We're containing it. The area around us is part of the voice too.
- We utilise all the emotions and sensations moving through us.

Fear of Opening the Voice: A history of being shut down

- Tendency to freeze when speaking or singing, especially in the neck area.
- Comes from our quality of joy, passion and pleasure being shut down when we were young and told to be quiet.
- We all know the feeling of creating sound through ourselves, and can access that sensation, no matter how long our voice has been shut down for.
- Our sound is powerful, and can shift and change the environment, and this is intimidating.

Range: We can support our nervous system and our healing with our voice

- Shifting our timbre brings the nucleus of our voice to different locations in our body.
- The glottal area shape shifts in order to make the change of sound. Breath supports the breaks in the range.
- We can support where our mind is going with our voice.

Vocal Body Area: The three diaphragms

- Low pelvic floor, respiratory diaphragm, and in the throat.
- Voice-based anatomy includes a diaphragm over your head.
- Voice supports our interoception and the release of chronic stagnations.
- A place of tension or headache, for example, is a sound that wants to be released.

Resources

- ❖ **Courses:** [Global Somatic Voice Class](#)
- ❖ **Website:** www.dynamicvoicetraining.com



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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