



The Living Voice Library

[Click here for an overview!](#)

Monthly membership includes:

- 24/7 access to the full 3 sections of the **Living Voice Library**: video lessons & other resources, to allow you to learn on your own schedule, re-watch as often as needed to fully integrate, and practice along.
- Access to regular **Live Voice Group Classes** on Zoom where you can ask any questions that are coming up, or even demonstrate your exercises/songs & get feedback (not required!)
- **Living Voices Community**, an online group where we can continue the conversation, ask questions, share reflections, victories, frustrations, and support each other.
- **Weekly Check-in Reflections** sent via email, to give you a sense of momentum, accountability, and clear tracking of your progress & journey over time.

Benefits of joining the library include:

- **Fit your voice learning into your schedule** 📅
Learn anytime, anywhere. Great for people with variable schedules and busy lives. Listen while commuting or walking to get a first pass at the info, re-watch at home to take notes and try the exercises & techniques yourself.
- **Save money & time in your 1:1 sessions** 🗣️
All the technique, concepts, exercises, etc that I previously used to spend a lot of 1:1 session time explaining and teaching, are now uploaded for you to watch whenever works for you, so we can make the best use of your 1:1 time for the really important, valuable, interactive stuff!
- **Deeper learning: More fully integrate the information** 🧠
It can be a lot of information to take in in a session, and previously I would find people may only retain a small percentage of what we covered in our 1:1 sessions. Those who have been utilising the videos already have said they've found it very beneficial to be able to go back and re-watch at anytime to clarify and more deeply integrate their understanding in an ongoing way!

The Living Voice Library

There are three sections of the library:

- **Mindset & Momentum**



- Structure to enable & support your flow. This is the stuff that makes sure the time, energy, and money you're investing in your voice actually brings you progress, results... and of course enjoyment!

- A lot of the resources in this section can also benefit your life outside singing, for establishing & maintaining any kind of habits.

- "The way you do one thing, is the way you do everything."*

- Systems, tools, and resources for building singing & music into your life in a sustainable, easeful, consistent, and rewarding way.
 - Envisioning the future, getting clear on your "why" (this is what "motivation" actually means!)
 - Setting different types of goals, establishing consistent habits
 - How to practice, how to choose your songs, clarity for all the "small stuff" that commonly causes obstacles or confusion for people in maintaining practice
 - How to analyse your own voice in a kind and useful way
 - How to track your progress over time
 - Lessons around confidence, dealing with your inner critic, etc
 - My custom-made playlists, and resource list of books, professionals, and other recommended external resources
 - and so much more!

- **Technique**



- This is where the bulk of the goodness is! How your vocal instrument works, and how to make adjustments to a multitude of individual mechanisms to achieve the sound & ease you want.

- Anatomy & physiology based technique concepts & guided exercises
 - Warmups & other essential exercises
 - The Body, The Brain (nervous system theory & regulation tools)
 - Vocal Health
 - and so much more!

- **Coming soon: Music, Artistry, Performance**



- How to make artistic choices and create interest & variety in a song
 - How to make a song your own
 - How to connect to your material
 - Improvisation & songwriting
 - Performance skills
 - and... you guessed it... so much more!

Coming soon...

Each section of the library also has a "Coming soon" page where you can see the coming resources to look forward to (and I welcome requests & suggestions!)

Future resources will include guest teachers from various disciplines (e.g. Alexander Technique for full body ease, groove & rhythm via TaKeTiNa, etc...) I know a lot of cool people who know a lot of cool stuff, and I can't wait to introduce you to them so you too can benefit from knowing them!

Live Voices Group Class

Save time in your 1:1 sessions by asking all your questions in these 60min group sessions! Get clarity on any of the techniques or exercises, ask for advice on building our voice time into your life in a sustainable way, ask any questions you have about voice, technique, vocal health, habit building and mindset, songwriting, the creative process, music, anything you like! If I can't answer a question I'll do my best to point you in the direction of someone who can.

You are also most welcome to do the same sort of things you may do in 1:1 sessions - demonstrate your attempts at technique or exercises, song excerpts you're struggling with, and receive 1:1 feedback and coaching in front of the group.

This is totally optional, so don't worry if you are too shy - you will not be expected to sing in front of everyone.

But remember, your question and your challenges are going to be relevant to someone else in the group - and you can learn a lot from watching someone else be coached, too.

Beginning monthly, these group sessions on Zoom may increase in frequency as numbers in the LVL membership increase.

Time & day will vary to allow for different schedules & time zones.

Living Voices Community

Want to get to know your fellow Living Voices? Share music you're loving (or making)? Ask questions and benefit not just from my answers, but sharing from fellow community members? This is the spot!

Weekly Check-in Reflections

The tricky thing about the process of learning a somewhat nebulous skill like vocal technique or music is that you can sometimes have trouble remembering what it was like 3 weeks, 3 months, or a year ago, and not realise how far you've come.

Heck, it's hard enough when I see people each week or fortnight and ask about their voice time that past 1-2 weeks... most people have trouble remembering what they actually have been doing!

Every week, an email will be sent with a short questionnaire for you to fill in to reflect on what you've been noticing in your time with your voice. Your responses will be emailed back to you for your records, and I will check in on your responses now & then to see how you're going.

The Mindset & Momentum section also has a guide to making an easy & simple Practice Diary you can fill in to keep track of what you're doing each week.

All these things are optional, but I highly recommend you use them because it will maximise clarity, minimise confusion, and give you a clear sense of the progress you're making, as well as keeping track of your vocal health, and the way your thoughts & feelings are interacting with what you're doing.

For those who may be taking a break from 1:1 sessions, membership to the Library and especially filling in these check-ins can be a great way to maintain your accountability & momentum. Previously I've found that whenever anyone begins taking sessions less frequently than fortnightly... they end up stopping completely very quickly, and often let me know later that they stopped practicing all together. I want to encourage people to take 1:1 sessions at a regularity that works for their lifestyle (and finances), but also support you to continue making your singing a valuable and consistent part of your life, and continue your progress if that's what you want!

Living Voice Library Monthly Membership

Ready to sign up? [Click here!](#)

- Ongoing subscription
- New members receive a 7 day free trial (*excluding those with discount offers*)
- Cancel anytime
- New content added each month
- Designed to support your 1:1 sessions with Bec, but can be used on its own for self-guided learning, and receive check-ins and feedback via the group classes

Got questions? Get in touch at info@bectilley.com

See you in the Library!

