

As an instructor, your voice and body are your most important tools. Struggling with a sore throat after class or constantly yelling over loud music? You're not alone. In this workshop, **Chris Lacour** dives into the often overlooked but crucial topic of **instructor self-care**. You'll discover practical tips, proven techniques, and vocal exercises that will help keep your voice strong, clear, and injury-free. You'll also learn stretches and techniques to support your overall **body wellness**, ensuring you stay healthy from head to toe. Protecting your voice and body is key to a long, successful career.

Key Learning Objectives:

1. **Voice Care Fundamentals:**
 - Understand the **essentials of maintaining a healthy voice** to prevent strain and injury during classes.
 - Learn about the anatomy of your voice and how to support it for long-term use.
2. **Effective Vocal Techniques:**
 - Learn and practice **vocal warm-ups and cool-downs** that enhance voice clarity, stamina, and endurance.
 - Explore specific techniques to use during classes to preserve your voice while maintaining energy and clarity.
3. **Safe Voice Projection:**
 - Discover practical methods for **projecting your voice effectively** without causing vocal fatigue or strain.
 - Learn how to avoid shouting and still be heard clearly over loud music or large class sizes.
4. **Comprehensive Wellness Stretches:**
 - Acquire **stretching exercises** tailored specifically for instructors to promote **overall physical wellness** and prevent injuries.
 - Focus on stretching exercises for your neck, shoulders, and back to maintain body flexibility and reduce tension.
5. **Career Longevity through Self-Care:**
 - Understand how prioritizing **voice and body wellness** directly impacts your **career longevity**.
 - Learn strategies for maintaining your physical and vocal health to ensure a long, successful career as an instructor.

Session Highlights:

- **Voice Preservation Techniques:** Master the tools needed to keep your voice healthy throughout your teaching career.
- **Injury Prevention:** Learn stretches and exercises that will help avoid physical strains and injury.
- **Practical Application:** Take away real, actionable techniques that you can start using immediately in your classes.

Takeaways:

By the end of this workshop, you will:

Instructor Self-Care – Protect Your Voice and Body Chris @jennilynnfitness.com

- Be equipped with **vocal techniques** to protect and strengthen your voice for long-term use.
- Have a collection of **physical stretches** designed to support your body and prevent injury.
- Understand the **importance of self-care** in maintaining a sustainable and successful career in teaching.