

Vocal Skills Ladder

Posture:

- Having a strong posture when singing can help you feel opened and have more control when utilising breath to support your singing voice. It can also instil confidence and get you in a good frame of mind to perform.
- If standing, position your feet shoulder width apart, keeping your back straight and shoulders relaxed. If seated, you still need to make sure your back is straight and shoulders are relaxed.
- If you are using a microphone, ensure that it is in a comfortable position and height if on a stand.