



VV LIVE

JOIN OUR ONLINE VOICE VIBRATION PROGRAM

UNLOCK THE POWER OF YOUR VOICE

Our Voice is a remarkable tool that extends far beyond its main purpose of communication. It holds incredible power to influence, engage, and inspire those around us. Whether we are giving a presentation, engaging in a conversation, or expressing our opinions, our Voice plays a vital role in shaping how we are perceived and the impact we make.

Welcome to **VV LIVE**, a transformative online **three-part program** designed to **unlock the power of your Voice**, through a unique journey of growth and self-discovery, for personal and professional success.

THE VV LIVE PROGRAM

Introducing the **VVibration Method**, an innovative online program for everyone, carefully designed to be taken in a linear order; **I AM**, **WE ARE** and **THE CREATOR**. Developed and coached live by two experienced Voice Activists, **Philip Foster** and **Victoria Tomlinson**, this program is supported by easy-to-follow guided practice recordings, which will transform your Voice step by step.

VV LIVE 1



VV LIVE 2



VV LIVE 3



TAILORED TO YOU

No matter your coaching preference, the **VVibration Method** offers flexible options to accommodate your needs. Whether you choose **online 1:1** coaching for personalised attention, **online group** coaching for a dynamic community experience, or **private in-person** coaching our programs are designed to unleash your full potential.

Through personalised coaching, we assess your Voice to identify strengths, areas for improvement and hidden talents.

VV LIVE 1



Focussing on you, and your '**inner**' **Voice** we provide an understanding of how your body fits together, works as a whole and is the vessel for your Voice.

The Experience (8 Sessions) will unlock the mechanisms of your personal Voice, taking you beyond the limitations of your language. During each session you will experience one of the 7 systems of the body which make up the Voice; **Awareness, Physical, Breath, Mind, Energetic, Emotional** and **Belief**.

The Presentation (8 Sessions) will transform the way you communicate and present, by cutting through insecurity and self-doubt. During each session you will learn how to refine your script and ideas, and confidently present/deliver your message with clarity and authority, to become the master of your Voice.

VV LIVE 2



Focussing on the projected '**outer**' **Voice** and how it affects the listener.

The Experience (8 Sessions) will reveal the immediate impact of your Voice on those around you both personally and professionally. During each session you will experience one of the 7 essential components of conversation; **Resonance, Dynamic, Projection, Sustain, Pitch, Intensity** and **Rhythm** and how they impact the 7 systems of your body.

The Presentation (8 Sessions) will allow you to stand with confidence, ease and authority and present your message with newfound clarity and comfort to an audience, whether in general conversation, on camera or standing in front of 1000's of people.

VV LIVE 3



PUSH BEYOND WHAT YOU EVER BELIEVED WAS POSSIBLE.

Create an inspirational, collaborative project which will transform your world, our planet. However small or great your aspiration it is time for your **Voice** to be heard and **Vibrate** out into the world - whether within your family, community, workplace or on a global scale.

Using all the tools of this program, and guided by Philip and Victoria, this project will be shaped by the 7 systems of the body and 7 components of conversation.

The program is fluid, and each session can be scheduled depending on timescale taken on project development over the course of the 8 sessions.



VV LIVE

Further details available at:

info@vvibration.com

All sessions are **1 hour**

Participants must be **18 or over**

For booking, pricing and schedule please contact us at info@vvibration.com

The program is designed to layer all of the components you need to optimise and impact your communication and personal interactions.

www.vvibration.com