



Vocal Techniques for Presence & Power

by Katrina Noela

Introduction:

The Power of Your Voice



Your voice is a unique instrument capable of conveying confidence, authenticity, and strength.

It is a powerful tool that can both empower you and influence those around you. In this section, you'll explore exercises designed to help you access the full resonance and presence of your voice.

Through practice, you'll gain a greater sense of connection to your inner power and learn how to express it in the way that feels most natural to you.

Exercise:

Projecting Your Presence

STEP 1: Find a Quiet, Comfortable Space

Stand with your feet hip-width apart, knees slightly bent. Place your hands on your abdomen and take a few deep breaths, feeling your belly expand on the inhale and contract on the exhale. Imagine grounding yourself, with roots extending from your feet into the earth, connecting you to a stable and supportive foundation. - **This is how you support the strength of your physical voice, by stabilising your breath control!**



STEP 2: Choose a Power Phrase

Select a phrase that resonates with you, such as:

- “I am here, and my voice matters.”
- “My words are valuable, and I speak with confidence.”
- “I am empowered, and my presence is felt.”



Exercise:

Projecting Your Presence

STEP 3: Practice Projecting the Phrase with Different Tones

Start by repeating your chosen phrase in a low, quiet tone, almost as a whisper. Gradually raise the volume with each repetition, feeling how the words resonate in your chest, throat, and head.

1. **Soft & Grounded:** Say the phrase in a calm, steady voice, as if you're speaking to yourself or to someone sitting close by.
2. **Warm & Inviting:** Increase your volume slightly, adding warmth to your tone. Imagine you're reassuring a friend or giving gentle encouragement.
3. **Strong & Commanding:** Project your voice with a sense of purpose and clarity. Feel the vibrations in your chest as you say the phrase. Imagine you're speaking to a larger group with confidence and authority.
4. **Powerful & Empowered:** Finally, bring your voice to a full volume, using your diaphragm to support the sound. Stand tall and feel the energy radiating outward as you speak. Let this be your most empowered, unreserved version of the phrase.



Exercise:

Projecting Your Presence

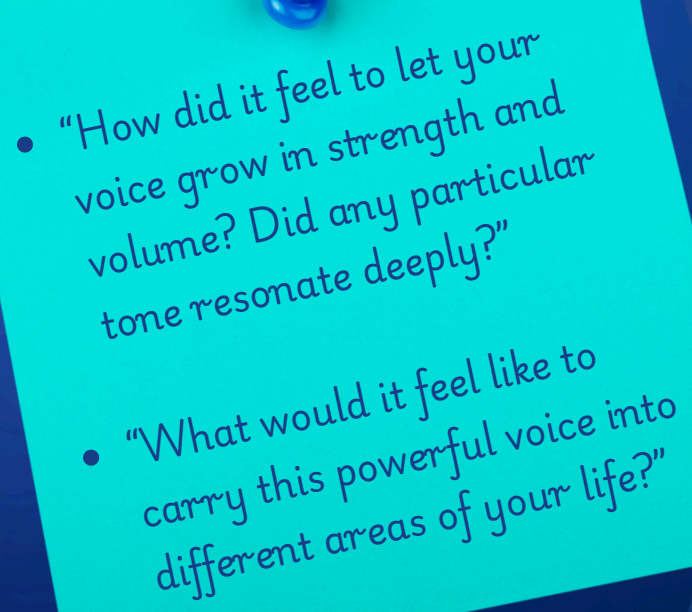
STEP 4: Reflect

After each variation, pause and notice how you feel. Ask yourself:

- “Which tone felt the most natural to me? Why?”
- “When did I feel the most powerful and connected to my voice?”
- “What sensations did I notice in my body during each tone?”

Now -
Embody
Your Power

Write down your thoughts
on the following questions:

- 
- “How did it feel to let your voice grow in strength and volume? Did any particular tone resonate deeply?”
 - “What would it feel like to carry this powerful voice into different areas of your life?”

Explanation:

Voice as a Path to Personal Power



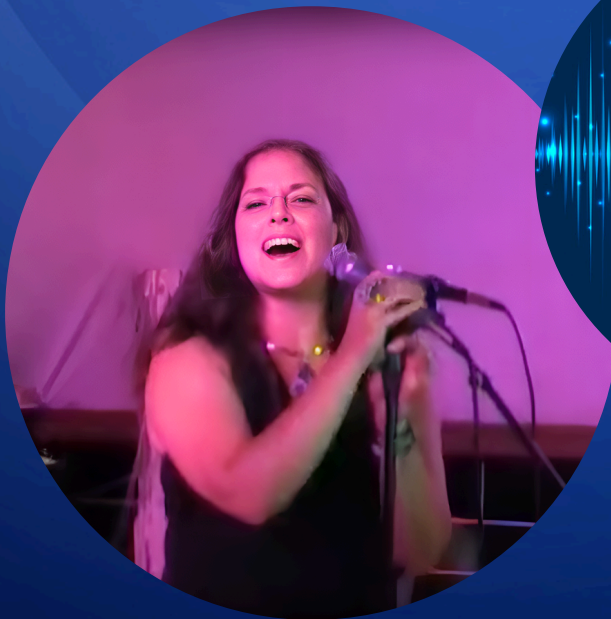
Our voices are direct extensions of our inner energy and can reveal how we truly feel about ourselves. Speaking with confidence and presence isn't just about volume or pitch—it's about embodying the belief that your words are meaningful and that you deserve to be heard. Practicing vocal projection helps build this belief and encourages a state of physical and emotional alignment.

By practicing these vocal exercises, you're building a bridge to self-assurance, enabling you to express yourself authentically in any situation, whether you're setting boundaries, presenting your ideas, or simply introducing yourself with confidence. Just as our voices shift when we're speaking to a friend versus a crowd, we have a full range of tones that we can choose from, each carrying a different energy.

Next Steps: Practice and Exploration

Incorporate this vocal exercise into your daily life. Try it in the morning to set a powerful tone for the day or before stepping into situations that require confidence. Over time, notice how your sense of presence shifts and how your voice transforms to reflect your inner power.

Remember, your voice is a unique gift—let it serve as a powerful guide to authentic self-expression and connection with those around you.



Would you love some supportive guidance to help you on your vocal empowerment journey?

To deepen your journey into vocal empowerment, consider enrolling in a 3- or 6-week personalized vocal coaching program. This dedicated time allows you to truly explore and reclaim your voice, building confidence, resilience, and expressive freedom.

Through guided sessions, we'll dive deeper into personalised techniques for vocal presence, breath control, and authentic tone that reveal your unique vocal power. **Whether you're looking to strengthen your speaking voice, enhance personal expression, or experience the healing effects of vocal release, these immersive programs are designed to support you at every step.**

Embrace this opportunity to not only connect with your voice but to discover new dimensions of yourself along the way.

Please follow me and get in touch today on info@katrinanoela.net or 0413 254 286 or visit www.katrinanoela.net/vocal-coaching

Katrina xX

follow me
[@katrinanoela](https://www.instagram.com/katrinanoela)



SINGER SOUND HEALER
SPEAKER & COACH

www.KatrinaNoela.net

Join a beautifully empowered Community

”

"Omg thank you soul sister. I love our time together and can't wait to see where our journey together takes us. Thank you for helping me find my voice. Super grateful."

Blazenka
sound healer &
kinesiologist

”

"You're a treasure to work with. Wish everyone was as professional as you. You're one of the best I've come across and I work with a lot of artists and musicians!"

Ella Levy
events producer

”

"Katrina is a master hold spacer who makes you feel so comfortable and safe to open up for deep healing, empowering you to release your voice and reclaim your power back from the depths of your soul."

Tarsila Motto
singer, sound healer

”

"More breakthroughs today!! You've really unlocked something for me."

Lou Van Stone
singer sound healer
vocal coach

”

"A most wonderful evening and liberating experience."

Thanks also for the notes from the workshop, which will help me continue to practice what you have introduced me, and to continue my journey towards reclaiming and proclaiming my voice."

Phillip
participant

”

"I felt disconnected from myself and singing harmonies. I am pleased to say I started to get my mojo back."

Barb
singer sound healer

”

"This is the REAL music, singing class. With passion and how to bring it out in everyone and encourage them to share their voice and to believe in themselves."

Thank you so so much!"

participant

”

"Katrina is one of the most extraordinary vocal coaches that I know. She does it with just such pure heart."

Susan Zheng
improv life skills
facilitator

Join a beautifully empowered Community

”

"I feel such big shifts in me,
in so many ways.

I feel like I'm alive, that it's
actually great and ok, and
welcomed in others, in the
world, to be me."

participant

”

"[this] was an Eye-Opening,
soul-caring experience,
realising that our voice and
what we have to say is out
birthright.

Thank you Katrina for this
wonderful insight!"

participant

”

"I would definitely
recommend to others.
I found emotions rise in the
opening circle.

It was a wonderful,
enlightening experience."

participant

”

"What a voice-booster!
Well worth the effort to be
here and better understand
the potential of my voice for
fuller expression.

I feel already stronger and
brighter in my voice."

participant

”

"Empowering & Positive!
I would do it again and
recommend it. Awesome!"

participant

”

"Amazing experience.
So glad I decided to give it
a go,

Your passion is amazing."

participant

”

"Thank you Katrina!
I resonated big time!"

**Helen Chun
participant**

”

"Lovely, transformative,
freeing & empowering.

Fantastic!
Thank you so much!!"

participant

About Me

Katrina Noela is a dynamic keynote speaker, professional singer, and holistic voice teacher with over 25 years of experience in the field. Trained in Music, NLP (Neuro-Linguistic Programming), Presentation Skills, and The Compassion Code, she offers transformative presentations centered on the power of the voice.

Katrina's teachings explore how voice can be a vehicle for vocal resilience, self-empowerment, and compassionate communication in all areas of life.

Katrina's expertise lies in guiding individuals to unlock their authentic voice, fostering confidence and clear expression. Her workshops and presentations combine practical vocal techniques with insights into personal growth and energetic recalibration, allowing participants to deepen their communication skills and create meaningful connections.

Also specializing in sound healing, Katrina incorporates breathwork, toning, and other modalities to support your personal vocal transformation.



Presented & Performed for



CITY OF SYDNEY 



Global Crystal Bowl Symposium

Herald Sun

MindBodySpirit
FESTIVAL



ATHENAEUM
THEATRE





Now go SING & EXPRESS yourself
like nobody is listening
- until you want them to!

Your voice is a
precious gift and tool!
Let NO-one tell you otherwise!!!
(not even yourself)

because
You have every right
to be HEARD.