FOUNDATIONS OF TEACHING SINGING

A Practical Introduction to Understanding and Teaching the Voice

COURSE OVERVIEW



Written by Sharon Sexton

SCIENCE OF SINGING

Foundations of Teaching Singing

A personalised, science-informed introduction to the art and responsibility of teaching singing.

Six individual 60-minute sessions |
Online one-to-one | £595

For singers who teach, teachers who sing, and anyone ready to understand more deeply the choices they make in the teaching room.

WITH SHARON SEXTON

Performer · Singing teacher · Vocal Habilitation Professional

> *"Sharon doesn't just tell you what to do — she explains why it works, how the voice functions, and how to look after it properly. It's like having a top vocal coach and a voice scientist rolled into one"*
>
> — Charley Coles, teacher & FOTS student

SCIENCE OF SINGING

Why I created this course

I began teaching singing more than 25 years ago, almost by accident. I was 21, newly graduated and teaching creative drama at a stage school when the singing teacher failed to arrive. Someone turned to me and said, “You sing. Could you take the class?”

I did sing. I had studied classical singing, bel canto and completed classical music examinations. But being able to sing and knowing how to *teach* somebody else to sing are two very different things, but this is how I started to learn...by doing.

Over the years I have met countless teachers whose stories began in a similar way: performers, musicians and passionate singers who found themselves being asked to teach, or help someone out with a song.
I created Foundations of Teaching Singing because it is the course I wish someone had offered me at the beginning.

This is not a branded singing method. I’m not a huge believer in those. There is no ultimate right & perfect way of doing anything, especailly when it comes to our creativity. Instead, this course draws on professional experience, ongoing study, science, research and ideas from many different traditions. Singing is a deeply human activity; our terminology and models are ways of understanding it, not rules that replace listening to the human in front of us.

My guiding principle is simple: understand **what** you are asking a student to do, **why** you are asking it, and **how** to work responsibly with their voice, to help them be the best version of themselves.

The aim of this course is to give you the foundational tools to do just that.



About your tutor

Sharon Sexton is a professional musical theatre performer, singing teacher and vocal habilitation professional.

Her work spans West End and touring productions, private coaching and teacher education.

She holds a Degree in Speech, an Advanced Professional Diploma in Singing Teaching, and a VHP qualification from Vocal Education Uk.

She is a tutor at The Voice College & has taught workshops throughout the UK & Europe. Through Science of Singing, she brings together performance experience, vocal pedagogy and a strong commitment to vocal health

SCIENCE OF SINGING

What we explore

These are areas of study, not six rigidly prescribed lessons.
The order and emphasis respond to
your experience, questions and development.

1 Voice science & anatomy

- An accessible understanding of the larynx
- Breath
- Sound production
- The language used to describe vocal function.

2 Registers & vocal coordination

- Head, chest, middle voice and mix
- Understanding different approaches
- Smoothing through registers
- How to discuss with students
- How to develop clear framework for all ages

3 Vocal health & boundaries

- Healthy vocal habits
- Workload management
- Common voice concerns
- Muscle tension dysphonia
- Support you can offer
- Scope of practice
- Recognising when referral is appropriate
- Where to turn to for support

4 The practical teaching room

- Structuring lesson
- The purpose of warm-ups
- Selecting and adapting exercises,
- Understanding the "WHY",
- Science vs Imagination
- Abilities and goals.

5 Listening, observation & response

- Developing your ear
- Recognising audible or visible signs of effort
- Exploring jaw
- Exploring tongue tension
- Vowels Versus Consonants
- Resonance & placement
- Making informed adjustments
- The Body and "Support"

6 The person behind the voice

- Performance anxiety
- Confidence building
- Teacher imposter syndrome
- Ever-changing voices
- Outside influences
- What kind of teacher are you?
- The ethos of your studio
- Our responsibilities
- The psychology of learning.

> *"I simply can not recommend Sharon Sexton enough, her communication, commitment, how she mentors, anyone under her direction will learn skills they won't develop anywhere else"*
>
> — Mel Ryan, Managing Director of Mel Ryan Schools.

Who is this for?

This course welcomes both newer and experienced teachers.

You might be a singer beginning to teach, an established teacher wanting a clearer scientific foundation, a classically trained practitioner exploring contemporary styles, or a contemporary singer looking to broaden your understanding.

It assumes an existing practical relationship with singing, pitch and rhythm.
It is not a music theory or sight-reading course, and there are no written examinations.
It's also not a course filled with 100s of exercises and quick fix tricks.

Personalised, not prescriptive

One teacher may want to understand anatomy and registration more clearly; another may know the terminology but want to improve aural perception and real-time decision-making.

Both can benefit from the same foundation, with different emphasis.

Some skills cannot be acquired through a handout alone.

Listening, observing, assessing and responding develop through guided practice and experience. Our sessions combine explanation, discussion, practical exercises (if the student is willing to use their own instrument) with time to reflect, research and consider resources between meetings.

What you receive

- Six one-to-one sessions of 60 minutes each.
- Session recordings for personal review.
- Supporting notes and selected learning resources.
- A personalised course handbook informed by your questions, observations and session work.
- A certificate of completion (non-accredited).

> *"I can't recommend Sharon enough. Her approach is holistic, thoughtful, and incredibly personal. She takes the time to draw things out visually, demonstrate exercises clearly, explain the science behind the technique"*
>
> — Leslie Losardo, teacher & professional performer

A foundation for continued learning

Six hours cannot cover the entire field of voice pedagogy, and this course does not claim to.

It is a considered starting point: a way to build confidence, strengthen your understanding and develop better questions.

If you are looking for a catalogue of tricks or instant fixes, this is unlikely to be the right fit.

If you want to understand the reasoning behind teaching choices, explore vocal health and become more thoughtful and adaptable in your work, I would love to work with you.

Course at a glance

Format: · Six 60-minute private sessions

Fee: · £595 (payable in three monthly installments)

Approach: · Live - Flexible, practical and research-informed

Timescale: · Class times bookable around your schedule, via the scinecofsinging website, each session no more than three weeks apart

Recognition: · Certificate of completion; not an accredited qualification

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Next steps

To book your first session, at a time that suits you, visit the website: **click here**
Select "Teacher Training 6 part course - 1st session" and I will be in touch

To schedule a free 15 min chat to see if this is right for you, pop me an email here

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