



KATHLEEN R HANSEN

Master Director, San Diego Chorus
International Faculty

Brief Course Descriptions

Detailed course objectives and outlines available by request.

*Courses with asterisks can be modified into "short format" of 30 minutes to accommodate chorus video/virtual rehearsals via Zoom or similar that are happening in 2020.

**Double asterisk are designed for ONLY virtual coaching/presentations; these are short format virtual visits (see end of document) perfect for quick drop in sessions of 30 minutes.

***Understand Your Instrument**

(60-90 mins)

Identify the most important parts of your vocal instrument – their function, and the basics of what you can do to maximize your success

Got Rhythm?

(60-90 mins)

From moving together to the beat to executing precise rhythms, we'll explore practical applications and exercises to understand, feel, and perform with a better sense of rhythm.

Beyond "Tips and Tricks"

(60-90 mins)

There are some wonderful "shortcuts" available to developing a singer's vocal production, but do you know why they work? We will dive into what some of these shortcuts are and why they work, so singers can internalize the "how" for lasting effect.

Fostering Diversity, Inclusion, and Belonging Through Rehearsal, Repertoire, and Chorus Culture

(60-120 mins)

(This course can be expanded into a full day seminar)

Participants will discover how language, music choice, web presence and chorus culture either attract or dissuade members of minority and/or frequently marginalized groups. We will discuss best practices to create a welcoming, inclusive chorus culture where guests and members have a sense of belonging.

Short and Long-Range Planning for the Wandering, Creative Mind

(60-90 mins)

Planning can be daunting, especially when you are easily overwhelmed by words like "charts", "data", "long range planning" and "organizational goals and structure". You can use your creativity to your advantage if you simply put the tools in place and enlist the help you need. In this class, we will put the wheels in motion to create short, mid and long-range planning.

(K. Hansen course descriptions p1/4)

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Tune It...(with or without invoking the name of old dead mathematicians)!

(60-90 mins)

There seems to be an information gap between the math and science of how to tune something, and the practical application of actually doing it! This class will help you know enough practical background knowledge to know how things lock and ring, but more importantly how to apply that knowledge in the context of chorus or quartet singing.

Misunderstanding Pythagoras – Practical Tuning

(60-90 mins)

(This has more technical information than the “Tune It” course. These two courses can be part one and part two, or can be combined into full day seminar)

What makes barbershop chords lock and ring? Do we need to understand mathematical ratios and complex tuning systems to sing in tune? We will explore the practical applications of the science of tuning – whether you’re a novice or a master of acoustics, there will be something here for you.

The Why Behind the Warmup

(60-75 mins)

Whether you’re warming up your own voice or you’re in charge of vocal exercises for a group, learn the “why” behind the order of vocalizations. You’ll leave with a great list of options and a template to design your own warmups or use one of my examples!

Top Ten Things Directors Do That Make Singers Feel Unsafe

(60-120 mins)

Designed for directors and assistants, we will talk about what directors and coaches inadvertently do to make singers fearful and therefore not able to access their most creative and authentic selves. We will share easy steps using practical applications of the Polyvagal Theory to develop a safe space where singers can thrive.

Directing as Two-Way Communication

(60-90 mins)

Refine your directing skills - for novice to advanced directors. We will play and experiment together with what works for directors and singers - from conducting gestures to facial expressions, the power is in your hands.

Vowel Match vs Resonance Match (part I and II)

(60-120 mins)

What is resonance and why is it important in barbershop singing? Understand and then go beyond matching vowels; learn to match resonance for a full and consistent sound.

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***How to Give a PVI**

(60-75 mins)

Learn the basics of peer to peer evaluation OR self-evaluation. Even the most novice singers can learn to give valuable feedback to one another using a “five-point checklist”. This course is excellent for any level of singer, as well as section leaders and assistant directors

The Culture Code and Beyond

(60-90 mins)

Developing vulnerability, teamwork, and cohesion using principles from Daniel Coyle’s book, “The Culture Code”

***Sing Better, Today!**

(60-90 mins)

It is easy to overlook the basics – even the most seasoned singers tend to get stuck, when the best answer is often the most obvious! We will explore alignment, breath, and resonance together.

How to Be a Great Musical Leader

(60-90 mins)

Tailored to section leaders, assistant section leaders and assistant directors. Learn what you can do to support other singers as well as the other musical leadership of your chorus.

***Care and Feeding of the Director**

(60-90 mins)

Help your chorus be their best by help your director be their best (with your support)!

***Strengthening the Aging Voice**

(60-90 mins)

Understand how you can best support your own voice and well as voices of other singers through the changes that occur as our voices mature.

Hormones and the Voice at All Ages

(60-90 mins)

Things they didn’t teach us: puberty, menopause, and monthly hormone cycles affect our voices! Learn what is going on and what to do about it (geared towards biologically female voices, but voices of all genders will be addressed).

Tag Time with Kathleen!

(60-120 mins)

Tags, tags, and more tags! Learn ‘em, sing ‘em, ring ‘em.

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Beginning Conducting

(60-120 mins)

What do I do with my hands? Geared towards section leaders, assistant directors, and aspiring conductors, we'll start from square one and get your hands waving with meaning!

***Coaching/PVIs "under glass"**

With the assistance of a volunteer chorus, quartet, or individuals, we will look "behind the curtain" during live coaching, with additional commentary and insights about the process.

***Individual and Group PVIs/Voice Lessons**

As time allows, I am available for individual and group vocal instruction.

Quartet and Chorus Coaching

I am available for coaching groups of all sizes.

Make Your Own Virtual Chorus Performance

(60 mins)

How to create a virtual choir/chorus performance while singers aren't able to sing together in person.

***Private Directing Lessons**

Whether you're new to directing or have been in the game for a long time, one on one feedback is the fastest way to "better hands".

****Warm Up and Resonance exploration**

****Warm Up and "know your instrument" exploration**

****Learn to design your own warm up**

****Q & A – Ask me anything!**

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