



VOCAL CLARITY *for* SUCCESS

By: Ariane Leanza Heinz

www.arianeleanzaheinz.co

MEET THE COACH

Ariane Leanza Heinz believes your voice is as unique as your fingerprints and has the potential to be clearly heard when exposed to the right training.

Unfortunately, people don't pay very much attention to their voices, and don't understand the implication a voice can have on the perceptions others have of the person or the company they represent.

We are using our voices everyday of our lives, and still there is no class in school to teach us how to efficiently use it.

Ariane has made her life's work to support people with their voices and success.

Starting with breathing techniques (MDH Breathing Coordination®), aligning your spine and ribcage with minimal effort, she will bring you to recognition of your own inner breathing system, which is directly link to the nervous system and affects our ability to publicly present or speak.

Ariane's classes are based on her core values, namely, "presence", "efficiency" and "honesty with oneself". She will bring you on a journey of discovery of your own unique inner voice and teach you the techniques to bring it out.

Ariane guides people of all professions: professors, artists, anchors, speakers, engineers, searchers in her private practice in Seefeld, Zürich, they come to discover their voices, gain confidence and presence. With the different techniques she uses, each client gets to experience a "new voice".

She has guided beautiful and brilliant singers like Mélanie René, Mané, Bastian Baker, Scott Irribarra, Al Pride, Arika Kane and many more on their path to becoming successful artists; but also Marcus Gisi from the department of Anthropology at University Zürich, Robert Riener from the ETH Zürich or Martina Fuchs anchor at CNN Money Switzerland (see their testimonials on page of this booklet).



Her goal is for each person to optimize their breathing and get voice clarity for their message to reach the heart of their audience.

She is the author of the book "A Matter of Voice", the online course "Shine" and the workshop "Voice Clarity for Success".

BACKGROUND

Passionate about the voice and the human nature she started teaching at the age of 14. She studied pedagogy, music and piano at the Conservatory of Music in Geneva and was hired immediately after her studies at the Music Conservatory as the youngest teacher in the faculty.

After running a successful music studio for a few years in Geneva, she decided to take a leap of faith and moved to New York City on a student visa. After 5 years in the US, she worked with Céline Dion's vocal coach and built a successful musical practice in the city. She enjoyed working in the studio with recording artists. She also organized concerts and guided young artists in their career. Her love for Switzerland called her back to her home country in 2010. She is happily married, a Mom of three girls, 2 cats and a dog.

She is now working in Zürich as a private vocal consultant



VISION

When one person is attuned with their own voice, confidence, success and happiness rise.

What if we could live in a world where everyone found their gift and were able to express it, that is Ariane's vision.

MISSION

When Ariane was only 20 months old, she was tied to a bed in the Geneva's Children's Hospital for 6 months. Instead of developing her running skills, she was able to develop her vocal skills and speaking skills. Instead of becoming bitter by her circumstances, she put her attention on being helpful, she was singing to children around her and reassuring them.

Her mission is to make sure you and your voice are one.

By doing the training and acquiring the vocal techniques she teaches **you will gain confidence, will be able to be heard and reach your goals.**

TESTIMONIALS

COMMANDING PRESENCE

"Public speaking often ranks within people's top ten fears. Although not my fear, it is integral part of my job and prior to lessons with Ariane, my voice felt somewhat unclear. Ariane taught me some great strategies for preparing to be on stage, voice projection and commanding stage presence. Thank you Ariane!"

SASHA SCHRIBER
*Principal Digital Artist/Disney
Research/Walt Disney Company*



BE AT EASE ON STAGE

"I came to Ariane to better my voice for my TEDx Talk. She showed me how to stand, to move, to breath and to articulate my words and sentences. It made me feel so self confident and improved my performance. Whenever I have to give a scientific or public talk, or a lecture for students, I am remembering the training with Ariane. I am always practicing the things she taught me. Now I can be at ease on stage, so that the audience can better follow."

ROBERT RIENER
*Professor for Sensory-Motor Systems
at the Dept. of Health Sciences and
Technology, ETH Zurich*

PRESENT NEWS AT CNN MONEY SWITZERLAND

"In the world of live TV, the vocal delivery is equally as important as the looks. With various breathing exercises, Ariane has helped me gain a strong foundation to feel confident on air and present news with an authoritative, credible and entertaining voice."

MARTINA FUCHS
*News Anchor, CNN
Money Switzerland*



SO MANY DIFFERENT TOOLS

"I had the chance to have Ariane work with me for my TEDx talk preparation. at first I was surprised by the different tools she uses for her training but it was amazing how effective it was in a very short time. After the session I would feel taller and have a stronger voice. I also enjoyed that Ariane herself has such a calming and pleasant voice. It was my first voice training with her and definitely a great experience."

RIMA ALAIFARI
*Assistant Professor for Applied
Mathematics,, ETH Zurich*

PACKAGES OFFERED

Ariane also conducts special workshops that are tailored according to your company's and team's needs in order to leverage themselves towards achieving success. Here is what she proposes:

ONE

Voice Clarity Success A Two Hour Training

- Understanding and mastering your breath
- Aligning the spine
- Vocal assessment
- Improving voice clarity

TWO

Voice Clarity for Presentation A Three Hour Training

Two hours Workshop

*One hour Presentation Masterclass**

- Understanding and mastering your breath
- Aligning the spine
- Vocal assessment
- Improving voice clarity
- Delivering engaging presentations
- Building your confidence
- Tools for a successful mindset before public speaking

THREE

Voice Clarity, Alignment and Presentation Success A Five Hour Training

Two hour workshop

Two hours Private Breathing

Coordination sessions for 6 people

*One hour of Presentation Masterclass**

- Understanding and mastering your breath
- Aligning the spine
- Breathing coordination sessions
- Vocal assessment
- Improving voice clarity
- Delivering engaging presentations
- Building your confidence
- Tools for a successful mindset before public speaking

**Masterclass: some of the participants will be making a two minutes speech in front of Ariane and she will comment and help them make it better.*

EXPECTED RESULTS

- Increase in Voice Awareness
- A Toolbox with Practical Vocal Techniques
- Improvement of General Well Being
- Calmer Sense of Self before a Presentation
- Delivery of Successful Presentation
- More Self Confidence
- Gain in Presentation Skills
- Being Comfortable in Public

Ariane presents you with tools that you will be able to integrate in your work and presentations; it requires courage, as she will take you on a path to change.



INSIGHTS FROM ARIANE

Our voices reflect who we are, our emotions, and our level of self-confidence. They communicate much more than just words. Our voices show our insecurities and expectations. When our breathing becomes shallow, we can lose opportunities to connect and present ourselves at our best. Our voices affect all of our relationships, both personal and professional.

By mastering the breath, activating the resonators in our faces and improving our voices, we can feel more confident on the inside, which reflects on the outside. Our relationships improve and opportunities present themselves because we are more confident in our ability to transmit our message. It's important to get the message we want across. Our voices are a reflection of who we are, so mastering them improves our whole life.

CONNECT WITH ARIANE



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