



**Fabio Lesuisse is offering a workshop introducing:**

**Workshop title:**

**The Power of Voice, Breath & Presence: Creating lasting connections and amplifying impact through authentic expression and resonance**

**Duration:** 90 minutes.

**I'm offering my workshop twice:** yes

**The Concept:**

**Breath Awareness and Grounding Techniques:** Develop a deeper connection to your breath to enhance calmness, focus, and vocal resonance

**Body Awareness and Posture:** Explore how body alignment and presence influence confidence and communication.

**Voice Modulation and Resonance Exercises:** Practice tone, pitch, rhythm: create a more impactful and engaging voice.

**Empathy and Connection through Voice:** Learn how to adapt your tone and pace to build trust and foster emotional resonance with others

**Nonverbal Communication:** Harness gestures, facial expressions, and posture to complement and reinforce your verbal message.

**Daily Integration:** Learn simple routines and practices to continue refining your voice and presence in everyday life.

**Learning outcome:**

I aim to provide practical techniques and concrete approaches that enable participants to not only find their own voice and the vocal techniques around it, but to help amplify the awareness of breath, resonance and presence.

In this workshop, I invite participants to explore how their voice and presence can

become bridges in a world that urgently needs connection.

By the end of this workshop, participants will have gained practical tools for speaking up, speaking out and expressing their voice which can be useful both in their personal and professional life.

### **Profile**

- Masters degree in Music (Opera/Acting) at the HfMT Köln
- professional Operasinger & Performer on stages in Europe (Theaters, Operahouses and Concert halls)
- systemic Coaching & Consulting at IfAP Köln-Prof. Dr. Manuel Tusch
- psychodynamic Organisational Development at the Int. Inscape Institut Köln (Dr. Ullrich Beumer/Silke Facilides)
- Chief of Organisational development & Communications at Kaleido (Belgium)
- Coach, Trainer & Consultant (Communication, Leadership, Team & People Development, Public Speaking, Mental Training)
- strategic Coordinator of the Mental Health Network Eastbelgium(designated by the Belgian Federal Governement)

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