

# *Female Voice Club*

## ORIENTATION

### Hello and welcome!

Welcome to the Female Voice Club!

If you are reading this, I may have met you at a conference or support group, or, you may have a friend with a great female voice who recommended this program to you. However you found your way here, I'm honored to connect with you. We're connected by a strong goal: a beautiful, authentic, feminine voice for YOU!

We have ladies joining us from 27 different countries! They are in all different stages of transition (from contemplating first steps, to women who've been full-time for years). And they have been born with all types of voices (naturally high, super low, and everything in between) and we have women in all the various stages of voice feminization; as well as different levels of confidence.

Wherever you are with everything, you're at the right time, at the right place, getting the right tools and techniques. And you have everything you need to feminize your voice authentically. So welcome. And I'm glad you're here.

### Oh, the possibilities!

As you may have heard from women in a support group, online, or other friends, with this class you can completely change your voice to a FULLY FEMININE, AUTHENTIC VOICE.

- If you're full-time, you can make this your default voice, if you wish
- If you're part-time, you can gain more control over your voice—to slip in and out of your female voice at will—just as authentic and feminine
- If you'd like an androgynous voice, you can have that as well

All of that is addressed in the upcoming lessons. Of course it takes practice. but the feedback I get from women is that the lessons are fun and when they hear the first signs of results (and when people start gendering them correctly), it really motivates them to keep going.

It's very common for women to email me, saying that after years of trying to feminize their voice, they joined this program and were just gendered correctly on the phone for the first time. Sometimes the emails are very emotional—they describe bursting into tears after they hung up, or breaking into a dance! There's definitely a tone of euphoria!

## Yeah, but can I really do it?

In my experience anyone who sticks with this program will see major improvement. Sometimes trans women feel frustrated or cynical because they have not had good results with other courses or videos in the past. I truly understand...but that's why you're here in *this* program, which is very different from other resources out there.

Many women come to me after working with traditional speech therapists, YouTube videos or other digital resources, which have helped to some extent, but not enough. And if you're in that position, **you can use this program to get you over the finish line.**

## Story: How these techniques were developed

My very first Voice Feminization student was way back in the 80's...a good friend of mine, who was named, Mark, at the time. As Mark was transitioning to Michelle she called me for help with body language and make up. We went clothes shopping, did makeovers and manicures, and had a blast. She looked completely feminine and beautiful, and was so excited. She also went to a voice therapist.

Michelle called me one day, sobbing on the phone. She said, "I feel like I won the lottery and then went bankrupt" I said, "What?" She said, "Transitioning is a

life-long dream coming true, just like winning the lottery...but after all the time and money, and hope I put into this, people still think I'm a man whenever I talk."

Michelle knew I had coached male actors to play female parts onstage in Shakespeare plays New York, so she asked me for help. I gave her theater techniques she had never learned from her speech therapist. We worked together for a few months and she FINALLY had a voice that she had always wanted. I will never forget the change in her when that happened...The look on her face when she first started speaking in her female voice and getting correctly gendered in public! That kind of relief and joy and improvement in confidence *is priceless*. And that's why I do what I do. And I believe that's why you're here with me now.

So, what's the takeaway of that story? The right techniques mean everything. Since that time, I've studied neuroscience techniques and developed ways to get this into your muscle memory more quickly and easily.

Whenever I get emails from speech pathologists in other parts of the U.S., or in other countries, asking, 'how did you get such good results with \_\_\_?', the answer is always related to either the theater techniques or the neuroscience techniques. I can't imagine doing voice feminization without them.

And, the other takeaway? If Michelle could do it, so can you. Throughout the program, I'll share more Inspirational stories with you to motivate you and remind you that this goal is very attainable!

## How voice feminization works

In this program we will cover a lot of techniques to help you reach your goal and avoid common mistakes. Almost every aspect of Voice Feminization falls into 1 of 5 categories. You don't have to memorize them, this is just for context, since I'll be referring to them as we progress through the classes. By the way, there are exceptions to ALL of these, but they are general guidelines for how people of every gender are perceived vocally.

## The Five Major Elements of Voice Feminization:

- 1. Pitch:** This is the one everyone thinks of first. The note you're hitting, how high or low your voice is.
- 2. Resonance:** This is equally important. It's where your voice is vibrating in your face and body. In Voice Feminization we want the voice to go "*up and forward*". And this is related to sound quality.
- 3. Prosody/melody:** In general, a female voice presentation tends to use more notes, (to go up and down with the voice more). And a male presentation will tend to use fewer notes.
- 4. Articulation:** In general, a female voice presentation will tend to punch out the consonants more, and articulate the words with more precision. And a male vocal presentation will tend to swallow the consonants a little bit more.
- 5. Speech patterns:** (Sometimes called discourse patterns) We'll address these in the later lessons, they can be really fun and make a big difference. Typical male and female presentations have differences in sentence structure and style. Female language tends to be more collaborative—we often use more words and descriptions, more adjectives. This is really interesting to explore.

We'll experiment and you can see for yourself what's the most comfortable and what works for you. The point is not to change your personality (this is about being your most authentic self, after all!) — it's about taking your new knowledge and using it as guidance in expressing who *you* really are.

Of course, these commonly known aspects do not address mental aspects (conscious or subconscious), which are VERY IMPORTANT. That's where the neuroscience Train Your Brain exercises come in.

In most of the exercises I teach you, will be working on 2 or 3 of these categories at the same time. If you've ever worked with a traditional speech

pathologist, you may have experienced that they work on 1 thing at a time. There's nothing wrong with that, but sometimes it can take a long time. So, over the years I've experimented and found ways to make the exercises easier and user friendly, but underneath the surface, they are helping you on multiple levels, doing double duty. This way they're as effective as we can possibly make them.

## What to expect

**For most women in this program, your success will happen in 4 stages.**

1. **Sweet Spot:** You are able to make feminine sounds here and there, as we do the exercises. It might be a few words, numbers, saying your female name. For some women it's immediate, for some takes weeks. Either way, you are getting to the FEMININE sweet spot in pitch and sound quality. As we progress, it becomes easier and easier.
2. **Sustained Sound:** You're building on the first level. You can speak for full sentences in your female voice. At first you still need to do it with my voice or with the lesson or lesson booster...but then you start doing it between the lessons, on your own.
3. **Refinement:** Refining your female sound and making it completely authentic: Whether you want it in the feminine range full-time, part-time, or or more in the middle androgynous range. We also polish the rough edges. Speech patterns: are you dipping at the ends of sentences? Are there other pitfalls? We'll work on those and a lot more. This stage gives you solid authenticity and confidence.
4. **Consistency...**Now you can speak in your feminine voice for long extended times: we are strengthening your muscles even more and we're training your brain. You get powerful neuroscience exercises to maintain your female voice when it's typically difficult. How long can you keep your voice up it without dropping it and not even noticing? Without your muscles getting tired? What about when you have to think really hard and concentrate while you're speaking? When something is emotional? Or when you are caught be surprise?

You will start to master these techniques. Not overnight, but in time, until it becomes automatic and you do it without even trying. That's the default female voice.

## Using this program

The way it works is simple. For each lesson, you should:

1. Do the audio lesson
2. Practice several times with the Practice tool (a document that has the exercises clearly summarized.)
3. Do the Lesson Booster for that lesson. This takes your learning to the next level and/or strengthens it, anchoring it in your muscle memory.

Remember this course is a hybrid of classic vocal + theater. + neuroscience techniques. There are a variety of exercises and some of them will be good and helpful, but SOME will be AWESOME—leading huge breakthroughs. So do them all, because all have a purpose, then focus on the ones that give you most benefit.

Each lesson builds on the last ones, so if you're new to voice feminization, it's important to do one lesson at a time, in order (do not skip around)...But if you have experience and you have some techniques mastered already, you can spend less time on those particular lessons and more time on others. Once in a while, if you're very experienced, you can skip a few lessons, but in most cases, it's best to go in order.

## Getting the best results

The techniques in this class have worked for so many women from all walks of life, with all kinds of voices. And they will work for you too—if you work with them.

And every single woman that I've worked with *who has stuck with it*, has seen life-changing improvements. So this is your chance to have that same experience as well. These tips will help.

1. Set time aside to practice—you need consistency. Lessons vary in length according to how much I need to explain. But some of most important lessons are short, because the focus is not on my explanation as much as it is on you practicing.
2. Practice regularly. It's more productive to do 30 minutes a day or even 15 minutes, than to do 1 hour one day then skip a week. Make this a regular part of your routine—a sacred ritual. This is about you expressing who you are, so give that gift to yourself. Some of the program is safe to do in a car but not the deep breathing, or anything that calls for writing or having your eyes closed (obviously!)
3. The first few lessons teach you a warm-up. Always warm-up first, you'll get MUCH more out of each lesson. And as time goes by, you'll need less warm-up time.
4. Keep visual reminders of whatever techniques you're focusing on (screensavers, stickies, etc.) It makes a big difference in consistency. I'll remind you of this during the lessons.
5. Exercises are fun and empowering. Some women like to dress up while doing them. You may also want to try this, so you look, feel AND sound like your best authentic self.
6. You're going to get really good! Savor those moments and don't dismiss them. When you bask in your success, the brain is more likely to turn those skills into muscle memory.
7. When you're comfortable, record yourself. This is the best way to hear what you really sound like. (I'll address this more in the lessons.)
8. If possible, avoid cold or spicy food and drink an hour before and after you practice. Instead, favor soothing things, like warm tea with honey.

There are many more tips in the lessons.

## How long does it take?

Some women find their beautiful feminine voice during the first lesson. Some women find it a few lessons later, but they progress very quickly in the advanced stages. Every voice is different, so have patience and trust that you are on the path and this journey will lead you to your dream.

Also remember ladies, this process has ebbs and flows. Mostly you'll see a little improvement every week. But every once in a while, you may seem to stay in the same place for a few weeks. Then all of a sudden there's a BIG BREAKTHROUGH. But in the days or weeks before the breakthrough, you may wonder what's going on. All of this is a very natural part of the process, so don't get discouraged and don't give up. Your breakthrough is right around the corner!

This email excerpt, used with permission, gives you a good peek into the journey that awaits. Here is what one of the Female Voice Club members, Georgina, from Boston, said:

*“At times this was so easy and natural, I felt like I’d been doing it all my life. At times it was hard to wrap my head around. I had to listen to a lesson twice to make sure I was doing it right. But no matter if it was easy or challenging, or what I was feeling inside, the encouragement of the lessons always helped me keep going. If things were going well for me in my life or if they were not, I knew that no matter what, I needed my voice. After a few lessons I felt more sure of myself and the sound of my voice. It started out that I needed your voice to help me find my own. But like a toddler I started walking (or talking) on my own. My confidence is still growing. And my voice is just naturally feminine. I always get “ma’am’d” on the phone. Sometimes when I have allergies, I do a few minutes of warm-up when I get up in the morning, but otherwise I don’t really have to think about it much. This is a big part of what I always wanted, ever since I was a toddler.”*

I'll be sharing more inspiring and motivating stories throughout the course. As you make progress on your journey, you may have a story you want to share to inspire other women, [so send it in!](#)

Behavioral science tells us we all learn faster when we're part of a group so remember, you're part of a worldwide movement of beautiful, strong, courageous women. We all have your back. Take a deep breath now, and think of the beautiful, authentic female voice that awaits you...and take a moment to wish each other...all your fellow travelers...the very best.

*Right back atcha.*



Questions? Email me [nina@femalevoiceclub.com](mailto:nina@femalevoiceclub.com)

You are ready to start with Lesson 1. Enjoy!

Best wishes,

Nina