



TECHNIK
VOX



«"Develop your confidence. Reveal your skills.".»

LES ATELIERS TECHNIK VOX

A photograph in the top right corner shows a group of business professionals in a meeting, with several people clapping their hands.

In an increasingly competitive marketplace, every one of your communications counts. Your voice is your most important communication tool: it shapes the image people have of you and your company. Technik Vox offers a full range of services to help you maximize the full potential of your communication tools and turn them into a distinctive competitive advantage.

Combined with a program of breathing, vocal gymnastics, sound work and physical conditioning, this method is intended for professionals in the "voice professions", for those who wish to optimize their relational intelligence, their health and their energy.

Our mission is to give you the tools to optimize your communications and, above all, to open new doors for you by becoming aware of what you emit with your voice and your gestures.

Revolutionize your interventions with the voice!



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Véronik Carrier, vocalization and communication specialist

What do we say?

Some of our clients



1 | Background: The impact of voice in our business relationships



Voice is involved in 38% of communication and is the instrument we all play with, whether at home or at work.

In an increasingly competitive marketplace, every one of our communications counts. As our communications become increasingly virtual, voice becomes all the more significant when we use it.





Teachers, salespeople, politicians, lawyers, journalists, telemarketers, and actors even base their entire careers on the use of their voices.

A very important point: hearing is the first sense we develop and the last one that disappears when we die. This aspect of our communications is too often underestimated, yet voice impacts relationships, interpretations and even the branding of an organization or individual. When you speak, is your style, tone and timbre of voice consistent with your mission and values?

A range of customized services to demystify a little known tool

Technik Vox workshops offer a full range of services to help you use the full potential of our communication tools and turn them into a distinctive competitive advantage.

Basically, most people breathe in apnea because the movement of their diaphragm is altered by emotions. This has consequences on posture, gestures, hormonal production and of course, the voice. All our work revolves around these four little-known yet decisive aspects of our interventions.





We understand what
keeps you up at night

Nous comprenons ce
qui vous tient éveillé
la nuit

An important meeting or speech

You need to stand out in this sea
of information

Public humiliation

Revealing your emotions

Fear that a message will be
misinterpreted or misquoted



Our customers want

- Inspire confidence
- Understand their interlocutors
- Gain notoriety
- Develop their leadership



2 | How can Technik Vox help you?



TRAINING PROGRAMS

« "The voice is one of the most underrated parts of the body," says Dr. Karen Kost, Director of the MUHC Voice Laboratory. "Yet we rely on it from morning to night. "

Are you running a marathon every day, unknowingly?

According to a study by the McGill University Health Centre, most of us run the equivalent of a marathon every day for 18 hours or so without paying any attention to our most powerful communication tool, our voice. Yet this essential organ is often neglected.

A simple, quick and time-saving daily program could prevent many complications and even avoid financial losses (absenteeism or loss of confidence due to the discomfort of overwork)!



Learning to use your voice is also learning to breathe, to center yourself more and to become a new transmitter that will attract new receivers.

Through our training and coaching, our clients develop their ability to get their message across, to convince their audience, and to build a close relationship and credibility through their voice, their gestures and their relational intelligence.



As we are able to study, develop or modify certain voice characteristics, it is possible to know the origin of their physical, psychological or typological causes.

VOICE ANALYSIS

Our voice analysis service can be used in public relations, surveys, fundraising and other campaigns.

Our programs allow us to decipher what is behind the words and to change what is causing problems. We can also better understand our interlocutors and adjust to them to better synchronize.



3 | Nos services en détails



3.1 Training

Our trainings allow you to develop the tools necessary for your communications. You learn to use your [voice](#) and [gestures](#) to convince your audience, to speak with confidence and to consolidate your communication skills. Our training programs are [adapted to the specific needs](#) of different fields: lawyers, teachers, customer service, call centers, insurance companies, financial institutions, etc.

[Modular according](#) to your organization's specific needs, they are generally composed of 3 to 5 training sessions, either [in class](#) or [online](#). We also offer a preliminary observation and diagnostic phase, allowing us to target the learning elements that will add the most value to your organization, as well as the possibility of completing the program with coaching sessions in [private](#) or in [small groups](#). This allows you to ensure that you consolidate what you have learned individually.

As an [example](#), we offer several customized training programs:



- **Speaking or convincing, The art of getting a message across by capturing the attention of your interlocutor or audience:** Adapted especially for lawyers, this training is offered in the form of workshops. It is designed to make your voice known, developed and projected in order to increase its credibility and capacity to influence.
- **Speaking or Communicating, How to use your voice to increase your impact in your business relationships:** Adapted to sales professionals who must communicate with clients for a first cold contact, this training allows them to acquire a greater capacity to communicate or convince a person or an audience, to master the impact of stress on the voice and to be more attentive to the needs of the potential client, as well as to avoid certain problems such as voice overload, a monotonous voice, a weak voice, or others.
- **Negotiation and voice:** This communication workshop allows you to improve your knowledge of non-verbal and para-verbal communication, to develop the characteristics of the voice of leaders that inspire confidence, to give them tools to help them in their negotiations through the voice, to promote a better synchronization with prospects and clients, in order to quickly establish a bond of trust. The training allows us to become aware of our communication styles, intonations, postures, gestures and breathing. This training also allows us to better understand the same characteristics of our interlocutors.
- **How the voice can influence your relationships (business):** Aimed at a general audience, this conference gives an idea of the impact of the voice in our relationships or interventions.



3.2 Customized workshops

- Customized workshops are also available. Allowing you to address the specific needs of your teams, our workshops allow you to quickly and effectively acquire the voice techniques best suited to your situation, while taking into account the precise image you wish to project to your audience:
- Observation and analysis of communication contexts;
- Exercises and simulations based on real situations in your company;
- Content developed from the current competence profile and the people to be trained.



3.3 Personality coaching

Our personalized coaching service allows you to improve your communication skills through private or semi-private coaching.

- Analysis and evaluation of your communication skills
- Private sessions: [Voice placement, breathing, diction, public speaking, expressing your emotions to be more charismatic, etc.](#)
- Voice Yoga Workshops: Working with your voice is energizing, balancing, anti-depressant, soothing, contributes to self-control and stress management, and most importantly, helps you find your true breath and voice.



3.4 Voice analysis

Would you like to understand what is behind the words, the personality types, the psychological or physical health, the intentions of your interlocutors and more?

Would you like to know what your voice reflects or reveals? How can you adjust to your interlocutors?

With the help of a spectrogram, sound samples and technical or scientific explanations, we can produce analysis reports, dissect the elements of a human voice and explain the impact of certain vocal characteristics. It is then possible to take measures to improve the deficient aspects.



3.5 Conferences and shows

Coming from the entertainment world, Véronik Carrier has concocted different conference formats to illustrate and explain the impact of the voice in various contexts.

In order to satisfy her various clients, she offers the possibility of a more fragmented format. The examples offered take on the color of a range of styles from her own voice to opera, jazz, musical comedy, rock, song and other surprises...

...



4 | Choose Technik Vox



Doing business with Technik Vox means choosing to distinguish yourself by joining forces with a team of expert trainers and coaches who listen to your needs, accompany you step by step and help you progress toward your goals.

Technik Vox is committed to supporting you with **integrity** and **respect** for your needs. **Passionate** and **concerned with innovation**, we are at the **forefront** of the best practices in the field. The quality of our services and support ensures the satisfaction of our clients and allows them to obtain the expected results.



5 | Recognized expertise




With two bachelor's degrees and a master's degree in voice performance, Véronik Carrier graduated from Université Laval. Since 1994, she has participated in numerous productions of the Opéra de Québec and has been a guest soloist throughout Quebec and Europe.

Having chosen to remain in Quebec, she was quickly called upon to share her stage expertise with a corporate clientele eager to improve their communications.

Véronik is a certified trainer and director of Ateliers Technik Vox since 2013; more than 2000 people have benefited from her expertise through her teaching.

[Video présentation 6 minutes](#)

WHAT THEY SAY



. Vos astuces nous ont permis de réaliser le pouvoir de la respiration et du contrôle de notre voix. En tant qu'ambassadeurs du service à la clientèle, il est très important pour nous d'avoir des capacités de communication irréprochables. Votre atelier a démystifié beaucoup de mythes et nous permet maintenant de prendre conscience de nos faits et gestes. C'est avec grand plaisir que nous recommandons cet atelier à nos clients et collègues

L'Association des Clefs d'Or

. I used Véronik's services to improve the quality of my public speaking and I am very, very satisfied. She gave me some good tips that I don't hesitate to apply

Ruth Vachon, Présidente-directrice générale du Réseau des femmes d'affaires du Québec inc.

Véronik distinguishes herself by the quality of her coaching and by her dynamism as a trainer. Always concerned with adapting her content to the specific needs of each person, she knows how to accompany her clients on a journey that brings concrete results.

Julie Fortin, Conseillère expert en gestion du changement chez Desjardins

This communication artist, animated with enthusiasm a workshop, in front of AFAM participants. They were able to discover her techniques that make a difference in our relationships.

Julie Saucier DG/IADQ

**QUELQUES
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See for yourself!(in french)

- Presentation
- Analysis exemple: <https://bit.ly/2O4lg6j>
- Balado «Avocats à la barre - François-David Bernier: Les mystères de la voix»
- Balado «La voix des politiciens»avec l'orthophoniste Colette Cabanne et de la coach vocal Véronik Carrier, accompagnées de Véronique Morin à l'animation.
- 4 must-haves before talking : <https://bit.ly/2u4ykPZ>



For a meeting with me,
[book a time slot here](#)



« The voice is a second face »

Gérard Bauër



«Fake it 'til you become it.» Amy Cuddy



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