

Canterbury Tales Article

Vivienne Wilson, CWLA Committee Member

Exciting CWLA Conference Ahead

The programme for the 2016 CWLA Professional Women's Conference on Friday 30 August 2016 is settled and the Conference brochures are now available! As with the previous three years, there is an amazing array of speakers and the CWLA hopes to see you there.

This year, the Conference will be chaired by Kathryn Beck. Kathryn Beck is the current President of the New Zealand Law Society and is a partner at SBM Legal. The Honourable Lianne Dalziel, Mayor of Christchurch will open the Conference.

The keynote speaker is Lucy Cornell, whose key note speech and workshop is "A Woman's Voice Means Business" – more about Lucy below.

Other speakers include Dame Silvia Cartwright PCNZM, DBE, QSO. Dame Silvia is well known to us all and, after completing her tenure as Governor-General in August 2006, she took up a position as a trial judge on the United Nations Tribunal investigating war crimes in Cambodia in the 1970s. Dame Silvia will speak on the economic cost of domestic violence.

The other three speakers are -

- the Honourable Amy Adams who is the Member of Parliament for Selwyn and the first Minister of Justice to come from Canterbury in 90 years;
- Claire Turnbull who is a dietician and fitness trainer. Claire established her practice Mission Nutrition in 2005 and is the Healthy Food Guide Nutritionist. She has written two books - Lose Weight For Life (2013) and Feel Good For Life (2015); and
- Joanna Perry OMNZ has a distinguished career in corporate governance. She is a director of Genesis Energy, TradeMe Group, Kiwi Income Property Trust. The Cooperative Bank, Sport New Zealand, Rowing New Zealand and Partners Life

Lucy Cornell

Lucy Cornell founded Voice Coach (see <http://www.voicecoach.net>) in 2003 and she has been working with business professionals ever since.

Lucy has said that she didn't become a voice coach via the standard educational journey. Growing up, she was always fascinated with performance (singing, acting, expression) and teaching. After completing her education degree, she lived in London for two years and, while she was there, she sat in on theatres and watched people participating in voice coaching. She returned to Australia and had voice sessions with a master voice teacher and then subsequently had further coaching in the United States. It was rigorous and intense. It was an apprenticeship of the voice for 5 years. After that, she had training with Kristin Linklater (see <https://www.linklatervoice.com>) whose training programme is called "freeing the natural voice". Lucy is now one of 200 certified Linklater voice teachers in the world.

In opening her own business in Australia, Lucy adapted Kristin Linklater's techniques to make them accessible to business professionals. (Kristin Linklater primarily teaches actors). In the middle of starting her own business, Lucy also completed a Masters of Applied Science in Voice Research from the University of Sydney.

Lucy says that she works constantly on her own voice training. Speaking is an art form and you need to keep working at it because we are constantly evolving. She is always looking for new challenges and pushing the boundaries with her own development.

Turning to Lucy's speech and workshop at the Professional Women's Conference, she will explore some of the common themes that she encounters from women business professionals all over the world. She will also explore the literal and metaphysical voice. There is a quartet of thought, feeling, body and voice and Lucy will push participants to think about this. As Lucy recently posted on her blog on Voice Coach

Believe it or not, you once had a voice that was full and expressive. It is your birthright.

So how do we get this less expressive adult voice?

Very early on, we adapt our expressive self through mimicry and learned behaviours. We learn that to express fully is unfavourable. We get messages in our different cultures and families such as: "Little girls should be seen and not heard", "Stop whining", "Pull yourself together", "Grow up", "Don't speak until you are spoken to" etc. These messages register in us physically, emotionally, psychologically and vocally.

In turn, the body and voice, begin to contract and repress the actual desires that we wish to express. And here is the birth of the civilised voice.

Over the years, our natural voice becomes more contracted and the civilized voice is further shaped by the emotional knocks and bumps of life; finding your place in your first school, fitting in with your friend groups, the search for identity through puberty, evolving through your rights of passage from a girl to a woman, establishing your voice in the world through university and your career, fitting into the way of speaking in your business.

As you can imagine, the voice creatively adapts to help you 'fit in'. However, this civilized voice is far from the free expressive voice that you had as a child.¹

With those words in mind, we hope to see you all there at our Conference in August. As always we look forward to hearing all our speakers on the day and for the 4th year in a row hosting another successful yet accessible conference in Christchurch. Please see the CWLA website for further details about the conference and registration <http://www.cwla.org.nz/> or email canterburywla@gmail.com for further information.

¹ <http://www.voicecoach.net/blog/2016/4/22/can-you-really-change-your-voice>