



Brothers Koren: Unleashing Your Big Voice



Thorald and Isaac Koren toured the world as a band, performing to large audiences. They have over 20 years experience of recording, teaching, and empowering others through transformational leadership. They are now more interested in the transformative effect of music on human wellbeing. Their mission is to hear the world's song, one big voice at a time. In this session, you will learn how to reclaim your big voice and express who you really are.

TOP EMBODIMENT TIP: Your voice matters, no matter what you're doing with it.

Get to know it, share it, don't wait for perfection, and trust when you're home to your body.

What Big Voice is about: Three Foundational Pillars

- (1) Everyone is musical, (2) You are a distinct whole-body instrument, (3) Your story is valuable.

Origins: The Discovery That It Wasn't Common To Go Deep With A Music Artist To Develop Their Voice

- We develop our 'big voice' when we are babies, which help us express what we need.
- Our voice is gradually shut down over time, to be a small voice, as we are judged or criticised or told to be quieter by others or through trauma. We want to reconnect back to our power.

Singing Narratives: There Are Many Narratives Around Our Singing Voices Stopping Us From Singing

- People put singing to the wayside because of beliefs about not being good enough or through inhibitions or fear.
- We want to understand why people become so inhibited.
- There are five different archetypes of singers, built up from the stories we tell ourselves about our singing ability.

Types of Small Voices: These Are Automatic, Negative Triggers That Inhibits Us And Keeps Us Small

- 'I'm not good enough' - Often happens at an early age but can get this trigger later in life.
- 'I'm not worthy' - Often stems from feelings that are bad or have done something wrong.
- 'I'm unsafe' - Unsafe to raise my voice or use a bigger voice and take up space.
- "I'm too much" - There is a need to fit in and not stand out. Can be due to cultural or familial influences.

Steps to Take: The Voices Are Not The Problem, It Is Our Relationship To Them Which Needs to be Reframed

- Need to make friends with our small voice, own it; treat it with tenderness and listen to its message.
- Need to find a way to integrate the small voice without trying to get rid of it. Let it know we plan to face our fears.

Resources

- ❖ **Courses:** [Reclaiming Your Big Voice](#)
- ❖ **Website:** brotherskoren.com
- ❖ **Social:** brotherskoren.com/connect



Thorald & Isaac Koren





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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