

**Meribeth Dayme, PhD**

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## **AUTHOR/SPEAKER/ VOCAL CONSULTANT/PERFORMER**

### Publications

Books:

***The Little Book About the Voice***, FC Cake Publishing, E-book 2006

***The Performer's Voice***, WW Norton, New York 2005

***The Singing Book*** with Cynthia Vaughn, WW Norton, New York, 2004

***Creating Confidence*** Kogan Page 1999, FC Cake Publishing, E-book 2004

***Dynamics of the Singing Voice***, Springer-Verlag, 1982, 1993, 1995,1997,  
Anniversary Edition 2009

***Speak with Confidence***, Kogan Page, 1988

***Anatomy and Physiology of Singing***, Diploma Course in Private Practice,  
Reading University, 1997

Audio CD: **Succeed**, FC Cake Publishing 2004

Articles:

*Listening*: In the Handbook of Management, Gower 1998

*Be There! The Power of Presence*: In The New Therapist, Spring/Summer 2000

*Are you all there? Engaging your audience*: In The Strad, SMG Magazines, August 2002

*Taxonomy of Singers Used as Subjects in Scientific Research* (with J Chapman):

In Journal of Voice, 2000 Sept: 14(3): 363-9

*An Argument for Whole Body and Holistic Approaches to Research in Singing*:

Journal of Singing September 2006

Other Scientific and Practical articles on the voice and singing for:

Folia Phoniatica

Bulletin of the National Association of Teachers of Singing

The Healing Review

Vocal Process

Musical Theatre Criticisms for The Covent Garden Courier (1984)

### **Personal Performance Coach, Vocal troubleshooting, and Consultation:**

For professional singers, business leaders, and medical practices since 1975

### **Energy Healing for Singing and Business**

### Master Classes, Talks, TV Appearances, Concerts

LAMDA

Fundacio laCaxia, Spain Voice Faculty

Guildhall School of Music and Drama

Voice Care Network

Care of the Professional Voice workshops

NATS Convention Speaker 2000

VASTA Convention Speaker 2000

The Royal Academy of Dancing -Anatomy

Central School of Speech and Drama

Advanced Voice Diploma Course - Singing

Speech Therapy Course - Anatomy, Creative Voice

Surrey University, Dance Department - Anatomy

The Royal College of Surgeons - The Voice

Turning Points, St James Church, Piccadilly – Speaker

Mind, Body, Spirit Festival – workshops

WIN Conference Workshop Leader - Geneva

**Radio and Television Appearances:** Invited guest on Granada television, BBC

Breakfast Television, LBC Radio, BBC World Service, John Dunn Show - Radio 2, Woman's Hour - Radio 4, Colour Supplement - Radio 4, Capital Radio, Sky News, Central TV, Zambia National Broadcasting Company

**Recitals, Oratorio and Concerts** in: North Carolina, Pennsylvania, California, Delaware, New York, London, Belgium

**Appearances in Musical Theatre** including: My Fair Lady

**Conductor of major choral works** in college, Church (Director of Music for 14 years), Musical theatre

**Vocal Consultant** to "Carmen Jones", Old Vic Theatre, London

## **WORKSHOP LEADER/FACILITATOR/PROFESSOR**

**Lectures, Workshops and Courses for:** Business Executives, Teachers of Speech and Acting, Speech and Voice Therapists, Persons in Radio and Television, Doctors, Teachers of Dance, ILEA, Singers and Teachers of Singing, Care of the Professional Voice Symposia, Voice Care Network, Association of Teachers of Singing UK, US, Europe

Including:

**Performing Arts Workshops and courses** for the North Carolina School of the Arts, Salem College, National Association of Teachers of Singing, Royal Academy of Dancing, Montreat Music and Worship Conference, Choral Organisations in Tennessee, Arkansas, South Carolina, North Carolina; Central School of Speech and Drama; Post Graduate Courses in National College of Speech Sciences, Care of the Professional Voice Symposia, Voice Care Network, LAMBDA, VASTA, Nelson Song Fest (Canada), Spain, LaCaixa Foundation.

**Management Training Courses** for Skandia, Proctor & Gamble, DuPont, Hewlett-Packard, EMI, Kier Group, McKinsey and Co, DJ Freeman, Habitat, ICI, Prudential, Institute of Management, Ashridge Management College, Marks and Spencer, NHS Trusts, Grand Metropolitan PLC, ActionAid (UK and Uganda), Summer College for Senior Professional and Executive Women and Men (in Holland), Lyra International (Zambia);

### **Courses taught include:**

Personal Development in the arts and business  
Presence in Performance  
Personal Performance Coaching  
Presentation Skills  
Vocal Anatomy for Voice Professionals  
CoreSinging™

### **Entrepreneur**

Communication Arts & Associates Ltd founded in 1999 and became LifeWise International in 2001: courses for the Performing Arts and Business

Free Chocolate Cake ltd founded in 2004 became Alchemy Programmes Ltd 2009

### **College and university teaching including:**

1. Singing and voice for singers, actors, speech therapists
2. Courses in vocal pedagogy, voice, music history and literature, music theory
3. Anatomy for singers, dancers, physiotherapists, speech therapists, dental and medical students (including attendance at medical sessions and therapy clinics)
4. Teaching positions include: Wilson College (Instructor), University of Southern California (Instructor of Voice in Music Department, Instructor of Anatomy in Dental School), University of Delaware, Associate Professor of Music and Life and Health Sciences (joint appointment)

5. Special Anatomy Instructor for Interns and Residents at Huntington Memorial Hospital, Pasadena
7. Royal Academy of Dancing (London)
8. Central School of Speech and Drama (London)

## PERPETUAL STUDENT

### Formal Education:

Salem College (North Carolina), Bachelor of Music in Voice (performance)  
 Union Theological Seminary (New York), Master of Sacred Music  
 in Voice and Choral Music  
 University of Southern California (Los Angeles), PhD in Voice Science  
 (Performance and Anatomy, special interdisciplinary degree)  
 The Royal College of Surgeons of England, Post-Doctoral NIH Research Fellow

**Research:** Anatomy and physiology, particularly as it relates to voice, respiration, dance and movement

**Vocal Study:** Joan Jacobowsky, William Vennard, Esther Andreas, Audrey Langford

**Vocal Coaching:** Shibley Boyes, James Low, Martin Katz

**Dance and Movement:** Sixteen years of classes, Private study with John O'Brien

**Alexander Technique:** Bill Williams, Margaret Goldie, Vivien Mackie

**Integrative Quantum Medicine™:** with founder/director, Lousie Mita

### Other Courses studied:

Acting, Speech and Mime  
 Workshops relating to Sound and Voice  
 Co-Counselling Fundamentals  
 Cranial-Sacral Therapy (Cranial Osteopathy)  
 NLP Foundation Skills and other workshops  
 Healing  
 EFT  
 Quantum Touch  
 Tai Chi  
 QiGong  
 Meditation

## TESTIMONIALS AND HONOURS

### From the Performing Arts (selected):

Meribeth's writings and master-classes present a vivid experience of health throughout the singing process, from basic physiological principles through to the real-time relationship with the audience. There is a wholistic joy about her work that inspires performers and listeners alike....

Robin Bowman, Head of Vocal Studies, Guildhall School of Music and Drama

Meribeth Dayme is a true master teacher. She has a thorough knowledge of the human voice and an uncanny understanding of people and the way that we learn and process information. Her extensive academic credentials are balanced with a healthy dose of common sense. She is an experienced presenter, equally effective with classical voice teachers, pop vocal coaches, professional singers, amateur singers, choral directors, and public speakers. Meribeth's workshops are fun, interactive and informative. She always injects humor, creativity, and spontaneity in her presentations with a focus on practical application of knowledge and skills. Cynthia Vaughn, co-author *The Singing Book*, Assistant Professor of Voice, Colorado State University

'Meribeth's Masterclass at the RNCM was astounding. She taught with a simplicity and truthfulness that can only come from profound understanding. Under her expert guidance students made extraordinary, immediate and lasting transformations.

Susan Roper, Director of Vocal Studies Royal Northern College of Music, Manchester

"Meribeth has transformed my (whole) approach to singing".

Nancy Argenta, soprano, International concert artist

"To watch Meribeth (Bunch) Dayme working with singers is for teachers and students alike an inspiring experience. ... she appears to achieve near-miracles in freeing the sound".

Hazel Wood, past president AOTOS (Teachers of Singing UK)

Spanish teachers of singing called Meribeth the *Vocal Alchemist*

### **From Energy Healing for Singing**

*I found Meribeth's work calming, centering and useful. It helped me see myself in a more objective manner and she gave me wonderful insights into issues I was addressing in my life that had been troublesome. The sessions were fun, easy and I felt afterwards that the energy which came all the way across the Atlantic Ocean was just as powerful as if Meribeth had right there with me in New York City. It was wonderful.*

Jeanie LoVetri, Singing Teacher, Author and Lecturer  
Director, The Voice Workshop, NY, NY

*Meribeth's amazing New Energy Healing Protocol for Singing and Singers is freedom.*

Richard Anderson

*The sessions with you, plus the "homework" have made an enormous difference in the way I respond to life. Therefore, the quality of my inner life is very different from what it was a few weeks ago. One of the most transformative instructions I've taken on board is to respond in one of three ways: with acceptance, enjoyment, or enthusiasm. The "acceptance" category--replacing panic, despair, anxiety, fear--is really big. Also, "I don't mind what happens," from the monk's story (A New Earth), and your instruction not to question what I do, have been so relevant!*

Joan Melton, Professor Emeritus, Cal State Fullerton, Author

*Thank you so much for the time you took with me over the last couple of weeks, I was delighted to take part and it really has made a difference to me and the way I work and it came a just the right moment for me to really benefit from the sessions. You have helped me to re-affirm my own individual identity as a singing teacher.*

Janice Thompson, Teacher and JTP Trust Director, Swindon

*Experiencing this workshop has been a gift beyond price and an honor I humbly and gratefully receive. Only my limitless heart and soul are big enough to spin the adoration and blessing I feel for these superlative healers, jesters, mothers, lovers, teachers. Each of these magnificent women has stepped up fearlessly willing to have her years of training in music lovingly re-adjusted and partly thrown out the window to the universe, and we have found not just more of our authentic voices, but our authentic selves. Through a few tears and a lot of laughter (Meribeth is an a-MA-zing air-accordion player! We have gleefully welcomed revelation after revelation about how very easy it is to let the song sing us if only we get out of the way and let it. What I heard from each of these awe-inspiring voices was not just talent worthy of Broadway or the Met — and let me be clear, each one is — but it was that ineffable quality we so deeply long for in every day. I heard the reason we sing in the shower and the reason we go to see the Sistine Chapel. I heard magic. And now I get to live it.*

Katy Peterson, Singer, Choral Conductor, Florida

*After the first session, I could feel myself smiling and although I didn't have much time to sing, burst of sound were coming out of me. After the second session, it was similar - but being focused on my TCM work the last few years, I wished to now get out and sing again. Things, persons and events manifested and are still slowly spiraling. I'm at a new beginning.*

Scarlett Anatolcy, Singer, Composer, Doctor of TCM

*My three sessions over the phone with you were inspiring and healed many of the scars from wounds of my own making. Not only am I more confident as a performer and person, but my vocal technique, breath, and alignment have changed significantly. I believe that your intuitive work helped me be more loving and forgiving in my singing. As a result my mind became more open to vulnerability which allowed me to see new possibilities I was preventing myself from attaining.*

*Many opportunities have opened as a result...* Aaron Ferguson. Tenor, Canada

### **From The Alchemy Programme for Executives**

“Meribeth has carried out training on both an individual and group basis for Skandia, and without exception everyone has agreed it was the most beneficial training they have experienced to help them improve as a presenter.”

John Litchfield, Skandia UK

“I am very grateful to you for helping me to overcome my fears and start to actually enjoy presenting. Thank you for caring about the 'whole' me too, as I now understand that all aspects of the person contribute to well being and self- confidence”.

Sandra Postles, HR Director, National Savings and Insurance UK

“Meribeth knows what whole person coaching really means -mind, body and beliefs. Leadership coaches typically lack the ability to work with the body and so miss opportunities to build confidence and personal power...”

Andy Binns, Head of Leadership Development, BT Group

### **From WIN Conference 2005 Workshop (selected):**

“Absolutely empowered to speak in public and use my unique abilities to enhance my speaking.

“This is going to make a huge difference to me”.

“She is present, knowledgeable, fun, compassionate workshop leader”.

“Feel Empowered, inspired, present and with lots of space. Thank you!”

“Learnt something and can relate with it”.

“Empowered. Been an issue for a while. Now I have a solution”.

“Great. She was amazing. Inspiring & Encouraging”.

“Great personality”

“Confident to be able to change. Lots of ideas for improvement”.

“Techniques I can use immediately”.

“Flexible and attentive to the group dynamics and requirements”.

“I remember a few useful tips that I can apply quickly. Great moderator”.

“Feel very confident. You are very natural”.

Helpful for my personal and professional life. Great!

“Wonderful, simple techniques effective for speaking, self introduction”.

“Extremely powerful. Very trained, caring speaker”.

“Fantastic. Will practice what I have learned.

### **Honours**

Van Lawrence Fellowship 2001(awarded by the Voice Foundation), Philadelphia  
Human Communication International Award 2000

National Institutes of Health Post-Doctoral Fellow (1979-81)

Listed in: Outstanding Young Women of America (1968), International Who's Who of Music, Who's Who of American Music, Who's Who of American Women, Who's Who of Finance and Industry 1998, Who's Who in the World 1998, Dictionary of International Biography 2001