



**UPDATED MARCH 16 @ 10pm EDT**

*Hello!*

Here's an update on how I'm managing my voice practice in the wake of the new world order under this COVID-19 pandemic:

### **All Appointments Moved To Online**

Hour by hour this situation develops and escalates. I'll be keeping you updated on when I'll return to accepting in-person appointments as we get new information.

For now, here is how I'll be conducting voice work:

- all appointments, whether for existing or new clients, will be conducted via an **online session** at no extra charge
- online sessions are **every bit as effective** as in-person sessions, and sometimes moreso; more information can be found below
- the **cancellation policy remains the same**; and as always, if you are ill and are unable to attend your (video) session, simply **contact me** to discuss whether rescheduling or canceling your appointment is most appropriate; for more information, go to [melanietapson.com/faq](http://melanietapson.com/faq) - updated cancellation information is the very first FAQ
- in addition, I will provide all the information you need to get set up for a successful online session; if you experience technical difficulties prior to the appointment, please **contact me** for assistance
- as well, I'll be keeping a flexible, open line of communication as things change by the hour, and I'll be adding **more appointment times** to accommodate everyone's rapidly changing schedules

### **Online Sessions Are Awesome!**

I feel strongly that online therapy sessions can be every bit as good as in person - in some ways, even better!

- you can do them in your **pyjamas** and I am not going to judge you in the least!
- there's **zero travel time**; you can literally go right back to Netflix as soon as we hang up!
- you can make use of **resources in your home**, so it's most like the practice you'll do outside of our sessions

- because the style of teaching needs to shift to accommodate the difference in how you'll learn, sessions become more **self-directed**, which means you're more in tune with what you're feeling and experiencing, which in turn makes the **results even more powerful**
- I've been doing video sessions and online workshops for years now, and I feel confident that thanks to my **extensive experience**, I can deliver an experience that you will benefit from just as you would in person

I'll also be offering **additional appointment times** in recognition of the fact that many of us are now also wrangling our kids through an extended break. If you'd like evening or weekend appointments, just let me know and I'll do my best to accommodate you!

## Future Planning

Because video sessions are so awesome, I'll never have to close up shop unless I'm physically unwell myself! This means you'll always have access to your appointments via video at no extra charge or cost to you, even as things close around us.

If recommendations change, I'll let you know – but until then, let's keep working together!

## Workshop Offerings

Stay tuned for information on workshops that are perfect for the socially-distant voice user, starting as early as **this week**:

- How To Talk So Your Cat Will Listen – *tips for the socially-distant professional to keep your voice in shape for your next gig*
- This Presentation Brought To You By... - *voice training for podcasters and radio presenters*
- Please Like and Subscribe – *presenting skills for YouTubers and other video hosts*
- Can You Hear Me In The Back? How To Own The Room – *presentation skills for everyone*
- How To Present Like A Boss – *presentation skills for business execs*
- No Seriously, My Thesis Is Super Interesting – *how to deliver your high-level research in a way that excites your listener*
- Singers' Voice Care – *how to keep your voice safe, healthy, and warmed up for singers*
- Teachers' Voice Care – *how to have a voice that lasts from September to June for teachers*
- Intro to VO – *voice training for voiceover artists*
- TRANSform Your Voice – *voice and communication training for trans\* & gender non conforming folx*
- How To Do... Pediatric Voice – *training for speech pathologists*
- How To Do... Trans/Gender Non Conforming Voice & Communication Training – *training for speech pathologists*

Also, if you'd like an online workshop on any topic you don't see above, **contact me** and I'll build it to fit your schedule and budget!

## Group Therapy

If your financial situation has got you worrying about how you're going to keep up your voice work, simply let me know and I will facilitate an intimate, confidential group of folks with similar goals to do therapy together while sharing the cost!

## Prevention

There are lots of ways to help prevent the spread of germs and protect yourself from the novel coronavirus COVID-19 as well as the flu and other respiratory viruses.

[Toronto Public Health](#) continues to say the best way to prevent infection is to avoid being exposed to the virus with **prevention measures** including:

- **wash your hands** often with soap and water (or use a commercially-prepared alcohol-based hand sanitizer if handwashing is not possible)
- avoid touching your face with unwashed hands
- avoid close contact with people who are ill
- stay home when you are unwell
- cover your cough or sneeze with a tissue, immediately throw the tissue in the garbage, then wash your hands
  - if you don't have a tissue, sneeze or cough into your elbow
- clean and disinfect frequently-touched objects and surfaces
- **practice social distancing** – keep 6 feet between yourself and others outside your home, and venture out only when necessary for fresh air and essentials

## Information

Toronto's Medical Officer of Health notes that "staying informed with evidence-based, credible information sources is also very helpful. These measures may seem simple, but they are actually very powerful actions people can take to protect their health and that of others. They can help us to together delay the onset of community spread and decrease the impact of COVID-19 on our community at large." [Toronto Public Health](#), the [Government of Ontario](#), and the [Government of Canada](#)'s websites are updated regularly as new information becomes available about COVID-19. You may also visit the [World Health Organization](#) for more information.

The [Government of Ontario](#) has put together a self-screening resource you can use to determine whether you need to seek clinical assessment.

Thanks for reading, and I look forward to hearing more about how I can help you make the best of this period of imposed self-isolation to come out the other side shining!

Yours in social distancing,

Melanie