

Meribeth G Dayme, PhD, FRSA

Director of the Alchemy Programmes, a personal performance coach in the arts and business, a practitioner of the healing arts, and a singer.

Meribeth@fccake.com

AUTHOR/SPEAKER/ VOCAL CONSULTANT/PERFORMER

Publications

Books:

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

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 2006

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

Folia Phoniatrica

Bulletin of the National Association of Teachers of Singing

The Healing Review

Vocal Process

Musical Theatre Criticisms for The Covent Garden Courier (1984)

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

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

Personal Performance Coach, Vocal troubleshooting, and Consultation:

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

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:

Presence in Performance
Optimal Personal Performance
Presentation Skills
Singing and Performance
Vocal Anatomy for Voice Professionals
Xen-Zen Performance Techniques™
Xen-Zen Techniques™ for Business

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, The Alchemy Programmes for Singers, Women, and Executives including Xen-Zen Techniques™

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™: Louise 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
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: The Alchemy Programme for Women

“Stress-free learning – fantastic concept” ---
CT, age 35, in career transition

I’m taking away space for myself and a sense of relaxation, a desire to clear out my life’s ‘dead wood’ and the need to review my future.”—
PE, age 60, recently found the impetus to change her work-life balance

“I feel calmer and inspired. My inner critic is silenced. And, it was lovely to be amongst such fabulous women.” ---
JB, age 40, now determined to make more time for herself without guilt

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