THE RESILIENT KID PODCAST

Season 5 – Episode 2

Unlocking Musical Potential

Ashley: Why is singing so important? Why is it a skill that we should all learn? Well, I'm here with Chelsea Rose, founder of the Rose Singing Academy. She has very lovely joined us on the Resilient Kid podcast. Hello, Chelsea. How are you?

Chelsea: I'm great. Thank you so much for having me, Ashley. It's a pleasure to be here.

Ashley: Oh, I can't wait. We've already had a bit of an exciting conversation before I hit the record button, so I can't wait for everybody else to hear. Now you and I met via Insta and we'll talk about that in a moment, but how did you get into singing? Cause I've heard you and you are fabulous. How did you get into singing?

Why is this your thing?

Chelsea: Thank you very much. That's a, that's a real honour. Thank you. I, so I got into singing. I mean, my mom, I would say got me into singing. We used, she's an incredible harmonizer. And we used to she was in, you know, school choirs, university choirs and things. And as a little kid, we would have driven back and forth to the school that she taught at, that I also used to go to.

And we would just sing along to the radio in the car, and she would harmonize, and I would I would sing the melody, because I don't have that skill, but she, yeah, she really got me into singing. We would, we would go to, our whole family would go to musicals in London because they used to, I have an American accent, but my dad's English, so we lived in the South.

And throughout my childhood, we would go to musicals, and I remember five, I think it was about five or six, we went to Les Mis in the West End, and we had the, the top seats, you know, in the, like, you couldn't, what do they call those seats? You know, the ones that you can barely see the stage. But, but the sound of the

singers and just the quality and the talent I can still, I still think about that memory today, and it just, well.

That was really the catalyst, I think, that started me on my singing journey. It was so inspiring. And then I went back to, moved back to Portland, Oregon, which is where I'm originally from in America. And I started I started with a school choir. And through that experience, they invite, well, they invited me to go to a regional singing competition for choirs.

And there was also an opportunity to sing solo. And the lady that I sang a solo for, she was just, had just started, which is now, I would say, one of the most well-known youth choirs in America. It's called the Pacific Youth Choir. And she said that I hadn't gotten through at that stage for the solo for moving on in the solo competition, but she invited me to join her choir.

And, I went, the first practice session was in a small church, you know, choir room on a Sunday. And I went and the sound of, it was all, you know, kids between the ages of about 11 and 18. And I'd never heard such a resonant, beautiful, Sound in my life and I just decided from that, from that on that I wanted to pursue singing.

So my whole background from about 11 was taking singing lessons, piano lessons, all through school, competing in, you know, regional and national singing competitions. And then I decided to pursue singing as a, as a career at the Royal Conservatoire of Scotland in Glasgow. And so that, yeah, it's been an ongoing journey since then.

And then now I've decided to, Try and do my best to inspire and motivate people who are also at the beginning or kind of early intermediate stage in their singing journey. And because it has had such a huge and beautiful impact on my life. And I feel like that's an important skill to share with the world as well.

I hope that answers your question.

Ashley: Do you know what? Oh, absolutely. And I was wrapped then because I was just, well, a, my, my mind was going from kind of You know, America to down south, to Oregon, to Scotland, you know, and so, yeah, but, but just, and you've taken music with you wherever you've gone in that journey as well, which is amazing.

I think one of the things, and it was one of the things that we started to talk about beforehand is, School choirs are so underrated, I think, for kind of the benefits that they give kids, because we know that kids are having a hard time, teachers are having a hard time in the system, and actually, I, I was Telling Chelsea before, I went to a prize night at my son's school last night.

He is part of the school choir. It was beautiful. They've got a new head and I think he's a little bit astounded at how the standard of, you know, the school choir there, they're very lucky. Shout out to Miss McKenna, if she's listening absolutely beautiful musical director. And she, you know, it's a vocation.

I really do think that it is. Yes, absolutely. They all should be, you should earn money doing it as a vocation, but still it's one of those, like you said, you know, when you first went and listened to Les Mis, like it just touched you. And, and that's such a beautiful thing. And last night. Not only did I, you know, lucky enough to hear my son's choir, but actually they have a staff choir and the joy on their faces was just outstanding for me.

You know, it was just really, apart from the sound was beautiful to watch them just get so much enjoyment. So I think it's really important. So why do you think, well, I think I've got two questions for you. First of all, Chelsea, one is. Can everybody sing?

Chelsea: Yeah, that's a great question. And I think that's a fundamental question because we kind of grow up in this, you know, we live in this world that your kind of, you go to school and then your kind of taught what your talents are, you know, or the things that you're maybe not, not so attuned to as a, as a person.

And, you know, that has definitely positives and negatives. But I think just from a practical standpoint, singing, like everyone can go to the gym, for example, right? Because we all have muscles, we all have tendons and ligaments and things. And so any person can go to the gym and through consistent practice can get to a place where they feel like they're in really good shape.

It doesn't matter, you know, what, what size body they have, what, their energy levels are like, if you're consistent with the energy that you have, you can get to a place where you feel good about how you look. And the same is true for singing, because singing is a combination of cartilage, muscles, tendons and obviously we use our whole body to sing if you're doing it, if you're doing it the correct way.

And so, yes, I believe that everyone can sing. Every voice is different and every voice has challenges that, you know, we can work through and people develop at different stages. But like going to the gym, if you are dedicated and want to achieve a certain standard as a singer, it is completely possible.

I do think that there are people that have a more natural flair for being in a for doing something creative like singing, but just from a physicality standpoint, anyone can sing and the beauty of singing that it doesn't matter. It, it matters what it, what is important to you in terms of development, whether just singing for your friends and family or being someone that sings for thousands of people and in a concert hall, you know, it's a, it's a beautiful.

way to express yourself. And you can, you can do that through performance, but also build those skills from a practical standpoint. So that's my

Ashley: amazing. Yeah, because my, my son is a good singer. My daughter would not class herself as a good singer. So that's really good to know too, you know, for her to understand that it is like, it like muscles you built, you can build that skill, which I think is amazing. In a moment I'm going to come on to, cause obviously the podcast is a lot about resilience and it, and I want to kind of touch on that from my point of view. But what's. What's kind of your take on the benefit that we can all get from, from learning a skill like singing?

Chelsea: Yeah, I think there's a lot of benefits.

I mean, just from a, from an emotional standpoint, singing is actually the only, well, it's one, it's, I think all instruments give a certain level of satisfaction, you know, if you get through, through your development, but singing because it is so important to have good breath support. And. A good breath encompasses all of our lower abdominal area and that through that process of breathing and supporting and singing, it actually promotes the feel-good chemicals in our mind.

So it's really a fantastic way to build confidence, to build a lot of positive emotion, to feel better about ourselves. Cause that's just a natural process of singing, is that it releases those feel-good hormones. So I think from an emotional standpoint, it's a great skill to be able to build. Also from a, from a personal perspective, Collaboration standpoint, obviously you can sing just as by yourself, but you can also sing with big groups of people as your son does.

And that community feeling, I think in today's world, you know, where we can be so people can feel so isolated, you know, it's really important to have a skill that you can share with others. And that coupled with just the emotional benefits of the positive I love that you mentioned chemical we use and I know so many people think of chemicals as a great way to feel better about yourself, to feel like you're building a new skill.

I'm not a psychologist so I don't know all of the scientific words behind it, but yeah, it's a great, it's a great skill to build to develop your, your skills. A positive emotional being. And it's also from, just from a physical perspective, I don't know about you or how your son feels, but when I sing, I find that my I just feel fitter because it especially in your lower abdominal region, because the muscles that you're using to support the sound have to be strengthened and trained.

And so it's a great way to just be active and yeah, just feel like you're doing something where you're actually involving your body in becoming stronger. I could go on for about a minute but I'll stop there.

Ashley: Yeah, I think, I think you're right. I think the physical aspects of singing, you don't, I think it, that's kind of brushed over a lot because we don't really realize that the, you know, that it takes physical strength and, and you're building those muscles just like, you know your vocal cords and things like that, the abdominal muscles, definitely.

One of the things that I think you said there, and I think it's really important to pick up on. So my son is going for GCSE and he walked around before he chose his options. And one of the mums. Said to the teacher she doesn't play an instrument, and the teacher's head like whipped around.

And you kind of alluded to it, that by going your voice is your instrument. And I think actually understanding that you're not carrying it round in a little case, but actually this is, you know, your voice is your instrument and a we need to look after it, but also, b, that it's, you know, it should take just as much precedent as, say, playing the piano or the accordion or, or whatever it is that you play.

So I think that's really important. cause I, I think we don't see it as an instrument often unless obviously, you know, you are

Chelsea: a professional. Yeah. Yeah. And I think just, just to touch on that, I think there's a, there's so many different elements to singing, but one of the, one of the elements is being really aware of vocal health, you know, and we're not.

Singing, our vocal cords are very delicate, you know, and, and that whole mechanism is very, very delicate. And we don't, in everyday life, we don't realize how we're actually using our voice for the most part, you know, so it is, it's, that's, I think that's another reason that singing is so, such a great skill to learn is because there's so many different aspects of it that you can learn about, whether it's from a scientific perspective, you know, or just from, if you're someone that just wants to use it as a way to be creative, you know, there's, there's a lot of.

There's a lot of reasons why singing is important as a skill. And that's a great point that you brought up. I, I totally agree.

Ashley: I think, and just to go back, Chelsea, to what you were saying. So like on the podcast, we talk all the time about, you know, the importance of building resilience, because we often see resilience as one of those.

Things that, you know, a trauma or a life challenge will hit us. And then we kind of brush ourselves down eventually and get back up and that's building resilience. But actually there's lots of components around building resilience. And I think you mentioned a few there that I kind of just want to highlight.

Cause I think it's really important because who knew that singing would help you build resilience. And that's, you know, and when we're, one of the reasons I wanted to get Chelsea on is because I know a lot of the people that. Listen to the podcast, our educators, our parents, and we often talk about the benefits for kids, but actually this is something we can all benefit and give us that outlet.

And that kind of emotional expression, that release that we give really kind of reduces stress. It reduces that cortisol, things like that. Helps us. Manage our emotions as well. That kind of you know, regulation of our nervous system. Singing has been massively shown to really impact that. And I think that's, you know, especially if you're in a stressful job, like teaching, or if you, you know, you've had, you know, the hard day with the kids, something like, you know, yes, you can just whack on the radio and sing along all your favourite tune in the car, something like that.

But to regularly take up something like this would really help, you know, just lower those stress levels completely. And then also you mentioned around confidence, you know, that confidence and, and self-esteem. So just improving. You're singing or improving those vocal skills, you know, not only is going to give you that extra boost of confidence and self-esteem, but actually we're talking about our own self-image.

It's giving you that positive feedback, isn't it? Which I think is just beautiful. And then, and then kind of that, well, I think there's two more kind of. Components that I think that really link in well, one is it can be a coping mechanism. Singing can serve as that, you know, that something you turn to during difficult times and really help it, you know, give you a little bit of sense of control, but also like the last thing, The last thing and for me is always the most is like the cornerstone of resilience is that connection that you mentioned.

And I think you know, building that community. So it doesn't matter if you're in a choir, but actually I think also that say, even if you were coming one to one lesson with you, you are We have something in the brain called mirror neurons. And if you're singing and, and those, that dopamine level is risen and I'm having a lesson with you, mine will rise as well, because we have that mirror neurons and that social connection.

You can't buy that.

Chelsea: No

Ashley: we can't, we can't go to the pharmacy and ask for, oh, can I have a rise in dopamine please? And you know, we can't buy that. And so we, I think. For me, it doesn't, doesn't matter if we're doing one on one because it's still a connection, or we've got that wider, you know, choir style group singing, or actually even the fact that if you meet somebody else and they're singing, you know, there's that connection in the wider community as well, which I just think is amazing.

And all of those skills are absolutely tapping into building your resilience.

Chelsea: For sure. That's a great perspective. And I think just two, two things on that, you know, just. From a, from resilience and confidence perspective, so many being a performer and being someone that, that, that is, I mean, you're essentially

trying to convince people of your craft on stage, you know, and that's a really difficult skill.

And that takes a lot of practice and years to develop. But I think. If you can do that well, that translates itself out into many other areas of your life. Just, you know, social connection, able to have a good, have a conversation with a stranger, you know, and feel confident about yourself or. Even because I sing, singing, obviously, the posture element of it is so important, you know, and if so, if you're, if you're hunched over like that, when you're singing, you're not going to get a lot of engagement and support, but if you're standing up straight and you haven't, I mean, you have a nice poised upper body through that practice of, of doing that when you're practicing your singing, that can also translate itself out into when you're interacting with people and just make you feel more confident and sure of yourself, especially if you're like a public speaker or someone that is in a, in a position of performance, you know, in your professional life. So I think those are two things that I thought about and you're totally right about the how we can just switch off when we're, when we're singing, because as a psychotherapist, I'm sure you're aware that singing encompasses so many different parts of our, our brain, you know, and it, through that, when we are singing, it takes a hundred percent of our energy and we can't, I mean, I just remember being in choirs and Being able to focus on anything else because I was focusing on what I was singing and that's a beautiful thing because then it takes away the stresses of your life, the anxieties you might have had that day.

And I just think, yeah, there's so many, so many benefits, you know, to the, to the skill of singing and, and how it trains up translates into your everyday life as well.

Ashley: Yeah, absolutely. There was something there that you just said that I wanted to pick up on and I can't remember it, but what I have just started to recommend to some of my clients who have got very busy minds and they're wanting to concentrate on something or they want to just be a little bit more mindful is, is humming actually takes away thoughts. You can't hum and think at the same time. And actually, I'm now thinking, Oh, wow.

Like if you just. Sing like you're doing the same thing, you know, so that's like humming on another level. So yeah, it's really funny. And actually, whenever I do it, whenever I say that, people start humming and going, oh yeah, you can, because, because it engages so, like you say, so many parts of the brain that actually we need to be very mindful and it just blocks out anything else that is

happening right there. You just said something that I thought was really, really important and I can't remember what it was.

Chelsea: Was it about the choir? Was it about the choir or the standing up straight?

Ashley: Standing up straight. Yes, it was. And I think that's really important. So I get a lot of students who may be struggling with anxiety and it can be of all ages or lack of confidence.

And often they will come to me to help with that. And one of, and one of my younger clients. He was only around 12 at the time. So he was at high school. You know, what you would see when you see one to one or in a small group, you would think he was actually quite confident. And there was, he said he felt himself kind of shrinking down when he was in You know, bigger crowds.

So we're talking first year of high school, year seven you know, just maybe going into year eight. And when everybody's like, say at lunch or going to school, and there's those big crowds of kids, he felt himself kind of shrinking down and didn't feel confident to walk through. Now he would, but it would cause huge anxiety.

And what I did one day is just randomly happened to see him. And I said, I want to show you like a little experiment. And what we did was he walked through a crowded shopping center and I then walked next to him. And as I walked next to him, I just put my arm kind of like that and just said, right, I've got you.

Let's walk. And he. Did not move out of anybody's way because he hadn't me next to him. And actually I said to him, do you, do you understand it's you taking up the space? It's not them. It's not them suddenly moving. Cause I'm there. It's you've taken up that space. You've got bigger. And I think what you're talking there is that confidence.

And I'm sad. I know you won't be able to see me, but I'm actually sat up now because of what Chelsea said, but actually that, that opening up of the chest, that confidence, that walking with purpose, you know, you're absolutely right. It, you know, can help with public speaking, it can help in the workplace, but actually it can also help us just take space in the world and be more confident and, and navigate this world more confidently when we are, you know, positioned correctly, I suppose, is the word, isn't it?

Chelsea: Yeah. Oh, yeah. No, for sure. And I, and I think, I think when you, I mean, I've definitely been in, you know, mindsets where you think that you're, you know, in the past, I'll, maybe I wouldn't have felt comfortable in a situation and you do get, you do, your body reacts to that, doesn't it? And so then people around you start, they pick up that energy and unfortunately, you know, sometimes people take advantage of that however, if, if you can train yourself to be more, as we've been saying, you know, just poised and walk through the world with more, more assertiveness and confidence, then people around you will see that and they will respond to you in a different way and they'll have more respect for you, I think, in some ways, which is, it's a, it's just a, it's a process, isn't it?

To be, to, to become aware of that, what you've just been talking about, and then to move you know, to develop in that process and become the, the person that you want to be seen in the world as.

Ashley: Absolutely, and, and to think that singing, that's For me, that confidence, that walking through the world and taking up space, because you're absolutely right, there is a, and particularly I think with kids, but we can see in any room, you know, any room that's got a gathering of people, those who might energetically pick up that you're not as confident as you want to be, or they've picked it up subconsciously, they can see, you know, and, and with kids, they spot the vulnerable ones, they spot the ones who are not as confident, but actually, To think that that is a side effect, what a beautiful side effect of singing, that you get more confidence, that you take up space in the world, that is just absolutely beautiful.

So Chelsea, tell me, I am not a singer by any stretch because it's something I've not toned but what kind of, what kind of tips would you give to people who either are listening or want to get their kids involved in something like this? What, what kind of tips would you give them around, you know, singing or getting started?

That kind of thing.

Chelsea: For sure. So many. I think if you're someone, you know, if you are a child and you're a, it, it, it depends on what, I think a lot of it has to do with age, but I think if you are just a beginner and you're looking to, start this skill and you're not really sure where to start.

I would say that the first thing that I would say is that surround yourself with content that makes you feel inspired. We live in a world where you know everything is you

find something out at the click of a button can't you on the internet and so that has definitely positive and negative effects but I think If you're someone that wants to learn about the technique of singing, there's so many resources out there.

And so really just finding someone, whether it's a YouTuber or someone on Instagram that is focusing on in the areas that you're really interested in developing, if you can just Make it a regular practice to engage with that content and to learn even a little bit each day. That's a great place to start because it'll give you, obviously, the knowledge, but it'll also give you the belief that you can develop in this way.

I mean, you can develop your singing voice. And the second thing that I would say is be open to It's a creative process. And with it, with every creative process, there's going to be challenges. There's going to be things that you feel like you're better at than, than others. And just, you know, going back to the resilience part of it, being okay with that.

And it's a practice to get to that stage, but just continuing to develop your singing voice to learn more and just be okay with the, the process of that there will be times where you're not, you're not 100 percent sure if this is the right thing for you or, or not, but just continuing to move in a, in a, in a direction where you feel like you're making progress is really important.

And then I would say Find, I mean, obviously finding a teacher that you feel connected to and that will help you develop the areas that you're really passionate about and you feel like you want help with is a, is a really key, is a really key thing. It's not just about How that person can help you develop your singing voice, but what relationship you build, the, the belief that that person makes you have in yourself I think is a, is a great place to start.

So yeah, I would say content being open to you know, the successes and the possible failures of, of this process and finding a teacher that can really support you are three ways that I would start this process.

Ashley: And I think finding the right teacher is. You know, is absolutely massive for me. So as a therapist, I will always, you know, on the first session, if I think that we don't click, it doesn't happen often because you always, I think, get a sense, but I would be the first person to say, listen, you need to find somebody else if, if we're not clicking because you want the, you want the best for that student, you know, no matter their age.

And so actually. For you to have that connection is the basis of everything else, isn't it? And we had so both of my children danced for a long time and we had, they had quite negative experiences. So even though they both got to where they wanted to be, they didn't have There was lots of shouting, lots of, you know, you have to do it this way and they just, and it was really hard to pull the kids out of that situation because I could see what was happening and we, you know, we were very diplomatic and giving feedback and stuff, but they were just all about the school rather than the person, you know, dancing and actually that damaged their relationship with dance. And so I would never want that. So I think always, always, you know Get that connection because that, that is the most important, but I'm going to add another little tip here because I've been following Chelsea for, oh, I'm month six weeks maybe , and I love your stuff.

So I've also got my son to follow you as well, because he's Oh, wow. Like digging to singing. Thank you. And so I would say some of the stuff you, your content is just brilliant. Always makes me feel cheery afterwards. Always useful. So when Chelsea says content, absolutely look for content that inspires you.

I am going to add a caveat. Go to Chelsea on Insta at rose singing Academy, just have a look at her content because that will give you a really clear, like clear indication that A, this is a skill that you two can build, and also, it's fun, like its really good fun singing, so. Chelsea, have you got anything in the pipeline that you think our listeners might want, be interested in that you've got going on?

Chelsea: Yeah, yeah, so for sure. I, I'm just recently created a summer package. So that is a, I can definitely send over more details about it, but essentially, it's a package of six lessons and its a, just a little bit of a taster session. I know summer is a little bit of a slower time for people and for taking a break, enjoying life, which should be mandatory all the time.

But yeah, I think so I've, so I've created a six-week lesson package for discounted rate than the one that I, that I usually offer. And that encompasses, obviously,

weekly lessons. It's not an auto renewal, so you can just see how you go. And at the end of that six weeks, make a decision.

But you will also get access to singing confidence affirmations a whole platform of vocal exercises and which I, I do try to update weekly. It's, it's challenging with the, with life schedule, but I do, that is a priority. But really, you know, it's a, it's a holistic experience that I'm trying to create.

And so if you are someone that is wanting to, whether you're a beginner or an intermediate singer, if you're just wanting to develop more skills in singing, but you're also wanting that as we've been speaking about confidence building you know, anxiety releasing. element of it, then it's a really, this is a really great opportunity to get, get into that and see if it's for you.

And I'm working on some other, I will be working on some other sort of offers in the future, but that's the main one for the moment. And so feel free to, to follow me on my other, my other social profiles, mainly Instagram and yeah, it'd be great to connect. So that's, that's kind of what I'm, what I'm doing right now.

Ashley: Brilliant. So what we'll do is I'll get all the details of. Chelsea's Insta and other platforms, but, but also about that summer package and I'll put it in the show notes so everyone can go to show notes and find it. Sign up to our listeners lounge as well to get all those extras. And Chelsea, what can I say?

It was absolutely beautiful. It was, it's, do you know what? We know, we feel, that singing helps us, it benefits us, you know, even if it's in the shower, in the car, whatever, we feel that, but now to know those benefits as well, is just, yeah, so get out there, its summer guys, get out there and just give it a try.

I think it's so important, whether it's you, whether it's your kids. Give singing a try, I just think the benefits of it are outstanding. So Chelsea, thank you for joining us on the podcast today.

Chelsea: Thank you for having me.

Really, really appreciate it. You're welcome. for having me. It's been a pleasure to talk to you, Ashley.

Ashley: Take care everyone. I'll see you next time on the podcast. And enjoy your summer.