

## Recommendation on behalf of Ruth Scholtz, Funktionale Stimmtrainerin

To whom it may concern,

On the basis of very transformative discussions and training sessions with Ms. Ruth Scholtz, I wish to recommend the *Ruth Scholtz-Methode* workshops for their vital complementarity to current academic curriculum for singers on the university and professional levels.

Ruth Scholtz is keenly aware of the physiological effects of stage performance on body balance and emotional preparedness, and has crafted her workshop curriculum around her best practices as therapist and trainer for speakers, actors and musicians.

I came to discover, after only a few minutes of work with Ms. Scholtz, an inner "readiness" to perform, greater focus and concentration than I normally have when using traditional warm-up methods, increased emotional sensitivity during performance, and improved muscle coordination while performing. I felt calm on stage and "connected" to the musical material.

Ruth's multi-disciplinary education makes her working process unique and highly effective. Our sessions strengthened the psychological and physiological preconditions leading to my recent successful and satisfying stage performances. Since our work I have new tools for the stage, and a greater focus in my vocal work in general, for which I am grateful.

The psychology of performance, and fear management, are subjects so often neglected in our academic curriculums. With this in mind, I encouraged Frau Scholtz to develop her artist training and awareness program into a workshop format with greater focus on universities.

Many thanks in advance for your careful consideration of her workshop proposal.

Yours truly,

Ken Norris  
Singer  
Professor für Jazzgesang  
Hochschule für Musik & Theater Hamburg