

Why Vulnerability is Important

Why?

What is it?

Eye Contact Exercise

Singing with Vulnerability



What does it mean to be vulnerable?

- Being honest about how you feel
- Maybe crying
- Letting your guard down
- "Being soft"
- Feeling uncomfortable or unsafe
- Raw

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Why is it Important?

- Being vulnerable helps us to connect with others
- When we do this, we feel stronger and more supported as human beings
- Vulnerability usually leads to empathy; which is understanding what someone is going through and having compassion for them
- Singing and performing with vulnerability connects us to each other and to the audience. We want our audience to feel something special, be reminded of a past memory, or to have their spirits lifted.
- When we sing together with open hearts, and allow others in, we are bonded in a way that is like a family.
- Personal Journeys

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Exercise in Vulnerability

- Pick a partner
- Stare into their eyes until Ashley says to stop
- Avoid laughing, putting hands in pockets, crossing arms, or other defense mechanisms
- Listen for further instructions

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- Kim will use a region song to implement what we've learned.
- Pay attention to how you feel now versus at the beginning of class.
- It's okay to feel frustrated or uncomfortable. Being vulnerable is not easy and is a skill that takes practice.
- As a region, we can embody strength through vulnerability and connection!

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