



International Faculty Resume

Name: Erin Howden

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Region: 16 **Time Zone:** UTC -5

BIOGRAPHY

Erin Howden is currently the choreographer and Master 700 Director of the North Metro Chorus, 5-time Sweet Adelines International Chorus Champions from Toronto, Canada. She is a repeated Regional Quartet Champion and top ten Quartet Medalist as the baritone of Daybreak. Erin grew up in a barbershop family and started her long-standing membership in Sweet Adelines, attending North Metro Chorus rehearsals at the age of 12. Now just over 40 years later, she has followed in the footsteps of her mother, June Dale (celebrated Master 700 Director and 45-year Director of North Metro), and her dad, Larry Dale who was a passionate barbershopper, coach and an International Chorus Champion with The Dukes of Harmony (BHS).

Erin is a certified member of the Sweet Adelines International Faculty and a proud member of the Region #16 Faculty. She is grateful and honoured to have received the Coaching Award and the Leadership Award in Region #16, along with the Harmony Award (Sweet Adeline of the Year). Erin is a highly accomplished choreographer and performance coach in both Sweet Adelines and the Barbershop Harmony Society. She has been blessed to be invited to teach and coach throughout Canada, the United States and abroad and is passionate about helping people step forward and discover their potential to be an authentic life-changing force both on and off stage. Erin owns her own consulting business, specializing in leadership development, coaching, training, team building and motivational speaking. She has an Honor's Degree in Business Management and specialized education in Human Resources Management, Training, Change Management and Psychology. She was a Corporate Human Resources Manager for many years in the Telecom and Transportation industries.

COURSE LIST AND DESCRIPTIONS

NOTE: Custom classes can be developed to suit your region's needs and all class lengths are flexible and easily modified.

- Class Title:** Let It Go! Promoting Authentic Emotional Exposure Tension Reduction, and Performance Freedom and Ease
- Category:** Performance Freedom *A Great Opening Class*
- Length:** Flexible — Recommend 90 Minutes
- Description:** The magic happens outside your comfort zone. This fun and interactive class will be sure to inspire and unleash your authentic, uncommon and creative genius as you toss fear and tension aside and explore complete and unguarded free and expressive performance. Emotional exposure and free release are infectious both on stage and within our rehearsal halls.

COURSE LIST AND DESCRIPTIONS

Class Title: And the Music Shall Lead Us!
Category: Performance (All categories)
Length: Recommended as a 2-Part Class *Can Be Condensed to One (70 Minutes Each)*
Description: Meaningful purpose-driven performance is rooted in “noticing” and understanding the music itself. This class will challenge participants to explore all intentions and opportunities provided by the music in order to increase alignment, authenticity and impact musical, emotional and visual performance plans.

Class Title: Maximizing Your Emotional Performance Potential
Category: Performance
Length: 60–90 minutes (flexible)
Description: Together we will unpack emotional performance techniques and theatrical approaches to unveil the power in YOU as an emotional life changing force. Even baritones will enjoy this!

Class Title: Let Your Body Sing! Promoting Musical Physicality, Effective Body Language and Tension Reduction
Category: Physicality and Performance (positive outcomes for both vocal and visual areas)
Length: 70 minutes (flexible)
Description: Raising our awareness of the influence of the body on our singing, we will build physical language skills through creative and effective utilization of the body, kinesthetics, tension reduction and general principles of musically driven movement.

Class Title: Unleashing Your Creative Genius! Exploring Visual Possibilities Outside the Lines
Category: Visual Planning (Visual Teams and Leaders)
Length: 70 minutes (flexible)
Description: Visual Leaders will explore their creative imagination, breaking through their perceived boundaries as they utilize possibility thinking to expand their visioning process.

COURSE LIST AND DESCRIPTIONS

Class Title: Choreographing — One size does NOT fit all!
Category: Visual Planning (Visual Teams and Leaders)
Length: 70 minutes (flexible)
Description: Every chorus has its own identity, size, music, and skill level. This class will assist visual leaders in identifying choreographing principles to consider when building a strong visual plan for their unique needs.

Class Title: Live Coaching Demo
Category: All Categories
Length: 60–90 minutes (flexible)
Description: A Chorus or quartet of the region’s choice is coached live to educate in real time in all areas both vocally and visually.

Class Title: Pure Imagination — Creatively Influencing Sound and Performance
Category: Sound
Length: 70 minutes
Description: Your imagination is the key to unlocking the artist in you. In this creative class, we will explore how utilizing your imagination can positively influence sound and performance and reduce the “spin.”

Class Title: Unity & Synchronization — “Timing ISN’T Everything”
Category: Singing and Performance
Length: 60–70 minutes
Description: Unity and Synchronization are outcomes to employing strong and consistent vocal and visual performance strategies. During this class we will work together to uncover and solve some of the many potential vocal and visual performance behaviors that result in synch and unity issues.

COURSE LIST AND DESCRIPTIONS

Class Title: Coaching and Leading for Success
Category: Directors, Leaders, Coaches, etc.
Length: 70 minutes minimum (flexible)
Description: Balancing the people and the product is critical to the success, growth, retention and joy of your chorus. This class will assist Leaders in exploring creative and supportive methods of leading and coaching.

Class Title: To Be or To Become! THAT is the question
Category: Motivation *A Great Closing Class*
Length: 60–70 minutes
Description: This inspirational class is focused on stepping forward and identifying and inspiring the best version of YOU! Being growth-oriented starts with your mindset. This interactive class will give participants an opportunity to examine what is getting in the way of their potential and the unlimited power of the leader that lies within every one of us. *“If you think you can be better then be better be better!” Bob Fosse*

Class Title: Growing as an Artist Through Adversity (Virtual)
Category: Motivation
Length: 90 minutes (virtual)
Description: The undeniable forces and barriers we face today have the power to disable us or to empower us to greater heights. The choice belongs to each one of us. We can be the creators of our own destiny. Together we will explore creative possibility thinking as we unpack and brainstorm unlimited opportunities for development as artists and as humans in the face of adversity, calling on the leader within all of us.