

# LIZ LABELLE

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100k plays  
2.3k Instagram followers  
600+ shows played in 3 years



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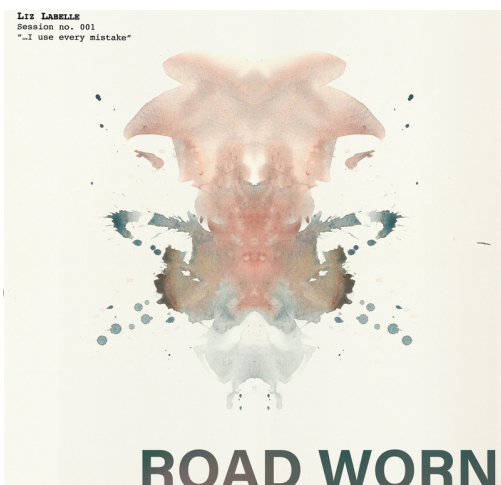
Singer · Songwriter · Multi-instrumentalist

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# ROAD WORN SINGLE & MUSIC VIDEO

Following *Pretty Little Darkness*, *Road Worn* is Liz Labelle's second single off her upcoming EP titled "*Road Worn*", releasing in November 2023.

COMING MAY 19TH 2023

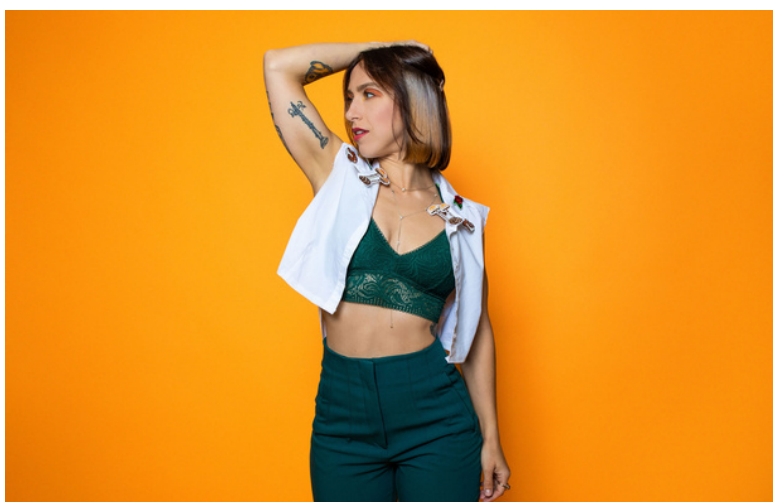


## ABOUT THE SONG

A road worn guitar is said to carry many memories with every scratch, dent and tear. Some say it gives an instrument character, while others might think it looks rough. The song starts off with a stripped down beat that builds at the chorus with its soaring melody and gripping guitar hook. Liz's lyrics take us on a journey of self-love and acceptance, where her nodule adorned vocal cords sing about the struggles that made her the perfectly imperfect person she is. Sometimes it's not about letting go, but letting it become a part of you.

## SONG CREDITS

Written by Liz Labelle, Holly Auna and Lydia Dall  
Performed by Liz Labelle  
Produced, engineered and mixed by Matteo Guastamacchio  
Mastered by Richard Addison at Trillium Sound, Montreal  
Album art by Matteo Guastamacchio at Teo Multimedia  
Distributed by NoiseHive  
ISRC CAE4Y2300001  
2023 SOCAN®  
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## ABOUT LIZ

Liz Labelle is a multi-lingual singer songwriter from Montreal, Canada. With a few awards, some radio cuts, charting history and a full length record out, Liz made Nashville her new home base. Along with music, Liz has been a big mental health advocate and is taking her story to Tik Tok regarding her struggles with vocals nodules. She touches on how she remains healthy while being a full time live performer, how she takes care of her mental health and how she is shrinking down her vocal nodules through diligent work and practice

# ABOUT UPCOMING EP

My theory is that I was dropped on this planet from a distant galaxy to learn about the human race and share my ideas on love, warmth, kindness, generosity, honesty and fun-loving bubbly-ness.



## ROAD WORN

I sat down for hours and days trying to come up with a way to describe myself and for the first time in over a decade, I was stumped. I thought I "lost my touch", was void of inspiration, didn't have what it takes anymore and at moments I even thought I should give up. I was always self-assured, musically inspired, you couldn't stop me from writing songs. I was one of those people that had a handle on many things musical quickly.

Here I am, a 31 year old with an existential crisis, 5 years into living in a new city, in a different country, working a job I promised myself I'd never have, with vocal nodules I'm desperately trying to get rid of for the 3rd time, who's crippled with depression and anxiety. I've been holding on and holding back for so long because of all this, only to find myself dreading releasing these songs my voice was finally able to deliver. And even then, I'm not fully satisfied, because when I listen to myself sing my own words, I don't hear MY voice.

So I contemplated, over-thought, wrote, re-wrote, asked others to qualify me, describe who I am as a person, as a musician, asked for feedback, because I couldn't come up with it myself. My ideas were scattered. My sense of self was hazy. My confidence was gone. The dark cloud took over and I couldn't recognize myself. I wish I could say exactly how I came to this realization, but I believe it's just all part of each of our individual processes, but it finally dawned on me.

This record and I are the same. We were born in a sheltered context and grew molded by trials, experiences, mistakes, travels, loneliness, loves, heartbreaks and losses. We were saved by our tenacity and stubbornness. We were told to give up by voices that echoed in our own heads. But we grew and, more importantly, overcame.



**I do not recognize myself because I am older, wiser and even more enamoured by what I do and what it took to get here. I'm happy to define myself one way one day and a completely other way the next. I'm at peace with the struggles I overcame and am still working through. I am proud of the dings, scratches, bruises, paint chips and stains, for they make me who am I today and will change who I am tomorrow. I am this record and this record is my whole heart.**

**I am Road Worn.**

# ABOUT LIZ

Montreal-native Liz Labelle is a pop rock grown, jazz nurtured multi-instrumentalist, singer and songwriter. She is multilingual and is very proud of her Polish heritage and Canadian citizenship. Her smartly written lyrics, sweet & catchy melodies brought out with an electrifying performance are an exciting and jarring combination that'll keep you wanting more. This multifaceted artist offers a perfect mix of emotional earnestness and raw conviction.

## TOUR LIFE

Music took over Liz's life when she was 9. She took part in talent shows, performed in musicals and would never stop singing. High school helped mold her into a skilled jazz drummer, percussionist and vocalist. She studied jazz vocals in college and immediately after, she left her job to follow the Vans Warped Tour in 2014. It didn't take long for her to get noticed by none other than the founder of Warped Tour, Kevin Lyman, who immediately added her to the bill. And that is where her touring career began. Since then, Liz has shared the stage with Diana Ross, GAYLE, Loren Allred, Against The Current, The Ready Set, This Century, Austin Gibbs, Jet Black Alley Cat, Take Me To The Pilot, Hopeland, The Lost Deliveries and many others. She is eager to get back out on the road in Canada, the US and Europe.

Touring brought Liz to Nashville, which has been her home base for the past 5 years. She met her current production team and joined a band with whom she plays shows all over the United States and internationally. She is wrapping up production on 1 of 3 new EPs, the 1st of which will be released in Fall 2023.



# ABOUT ME

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## Earlier years



## NOTHING TO HIDE (August 2011)

Album art by Daniel Luca  
Photo by Bianca Des Jardins.

Liz Labelle has numerous accomplishments in which she takes pride, starting by the 2009 Montreal Jazz Festival, when she played the main stage. Throughout the years, Liz played in bands with her friends and wandered down the solo route. This currently self-managed artist released a first EP (as Liz Skalak) in 2011, called Nothing To Hide. Her six-song record features tracks Devil In Disguise, Brave and All That We Are among others.

## TANQUERAY DREAMS (April 2014)

Album art by Joel Kanitz  
Photo by Bianca Des Jardins.



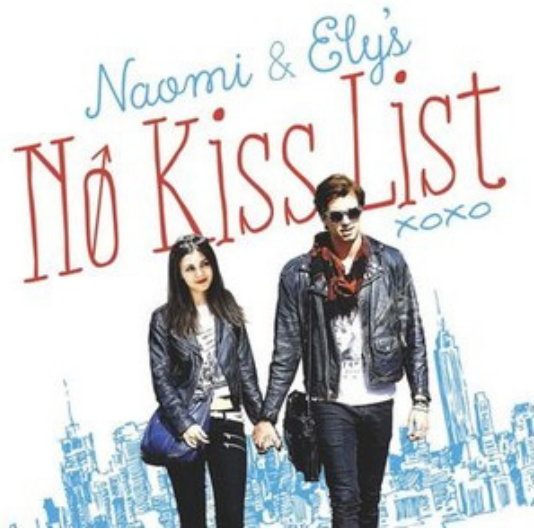
## Tanqueray Dreams

Her debut record Tanqueray Dreams was released in 2014. That album features her second radio single It's Not Me It's You (reaching top 20 of the BDS charts), Bombs Away (for which she shot a music video), Hot Mess and Painless (most recent music video). She collaborated with two Arizona producers and songwriters, Alex and Sean Silverman (Beach Weather, The Foxies,

This Century, The Technicolors), whom she worked with on most of the songs. Four of those songs feature live drums recorded at the 8123 Studio during one of her stays in Arizona, which were engineered by Pat Kirch from The Maine. Two tracks were produced and co-written with John Nathaniel and Ian Lee. Her song Bombs Away won Best pop/top 40 song at the International Songwriting Competition (ISC).

# LICENSING

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Liz landed a few license deals in the recent past. Bombs Away has appeared in R.L. Stein (Goosebumps) movie Mostly Ghostly and opens the movie trailer for Nickelodeon film starring Victoria Justice called Naomi And Ely's No Kiss List. Canadian film maker Gavin Boothe also picked up 3 songs to include in his feature film The Scarehouse.

## Mental Health

During her time in Nashville, Liz slowly continued her studies online and is completing her requirements for a psychology major. She has always felt keen fondness for mental health and keeps up with the latest psychology findings. Her last music video for her original track Painless, depicts mental illness and addiction. In the video she promotes the use of creativity to channel through struggles and life's difficulties by demonstrating both sides of the spectrum, contrasting positive addiction with negative addiction. Liz hopes to inspire people with difficulty to "choose their weapon" instead of giving in to their struggles.



Still from *Painless* music video  
Shot by Bianca Des Jardins

# VOCAL TRAUMA

Liz has had her set of struggles upon moving to Nashville. Finding a means to be able to stay in America was a long, stressful and tedious process, for which she remedied with a residency at some clubs in Nashville where she performs 3-4 nights a week. That in itself brought on other hurdles along the way. In 2019, she was diagnosed with vocal nodules.



Photo by Jordan Dziekan  
at Jeck Media

## Overcoming



(Photo by James Isaac Jones)

To most, that type of diagnosis is synonymous with the end of a singing career, but Liz was determined to get rid of her nodes in order to keep doing what she loves most. Years of reversing bad habits, learning to implement good ones in her daily routine, many hours spent with ENTs, speech therapists and vocal coaches allowed her to shrink them down once. She continues to struggle with nodules but has a better handle on minimizing them. Liz says her vocal trauma has forced her to become a better singer and musician, but it has also made her learn to accept her new voice. This was a major and life-changing lesson in the pop singer's journey.

# COLLABS

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Aside from her solo project, Liz has worked with many artists and writers, taking role as a session vocalist and/or writer: Ashland High (Metro Station) featuring Miley Cyrus (Shot In The Dark, for which she recorded ghost vocals), Sébastien Lefebvre (Simple Plan), Ian Lee (Rock This Town), Alter Ego (Déjà Oublié - Top 20 in 2 weeks and in #6 BDS Top 100 charts in a 4 weeks, Jamais la même, Sauve Moi, Last Call), Jay Lefebvre, The Lost Boys production group, formed by former Mission District members Dave Rancourt and Antoine Rochette, and many more.

## Non-musical ventures

Liz also co-hosts a podcast called The Sarcastic Four, where she indulges her love for most things nerdy, along with her friends Brandon, Dean and Ralph. You can find their episodes on all streaming platforms.

She is a big Star Wars fan and dreams of lending her acting skills to her favourite franchise someday.



Logo design by Gabby Skalak  
at Skalak Design