

Voice Workshop Cheat Sheet

<p style="text-align: center;">Breathing</p> <ul style="list-style-type: none">- Through your nose- Into your belly- In for 4 counts and out for 6- Use a breath in place of an interjection ('Um, er, ahh') <p>Remember: Breathing 'low slow and through the nose' will maintain a healthy balance of CO² in your lungs. You feel relaxed and comfortable.</p> <p>Practice bringing your voice from different places, and notice the effect of speaking from your gut, chest, throat, mouth and nose.</p>	<p style="text-align: center;">Posture</p> <ul style="list-style-type: none">- Keep your feet under your hips- Engage your PC muscle- Feel your stomach expand as you inhale- Keep your shoulders back and your chin up- Advance towards the audience when answering difficult points <p>Remember: Standing with your feet hip-width apart will cause your abdominal and pelvic floor muscles to engage, creating a powerful voice and acting as a base to a powerful posture. Stand and behave like someone who's in control.</p>
<p style="text-align: center;">Inflection</p> <ul style="list-style-type: none">- Upward inflections invite critical evaluation- Downward inflections are authoritative, definite- A good storyteller uses a variation and balance- Good stories are hypnotic <p>Remember: Use inflection <i>deliberately</i>. Inflection can be used to make a statement sound like a question, or mark a single word out for evaluation. It can also be used to garner support from peers.</p> <p>Play with it: Deliver questions with a downward inflection, and make statements with an upward inflection. It will raise your awareness.</p>	<p style="text-align: center;">Enunciation</p> <ul style="list-style-type: none">- Scrunch your face into a point, open it up, scrunch it up again- Open your mouth and exercise it's elasticity (a great way to avoid wrinkles!)- Tongue Twisters:<ul style="list-style-type: none">o Red leather, yellow leather;o Unique, New York;o She sells sea shells by the sea shore;o Peter Piper picked a peck of pickled peppers. <p>Remember: Clear thoughts sound clever, deliberate enunciation will develop rapport with your audience <i>particularly</i> if some people speak English as a second language.</p>