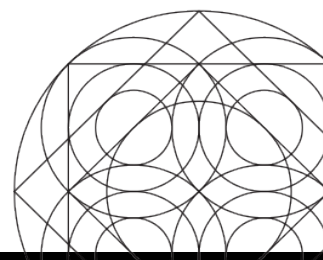
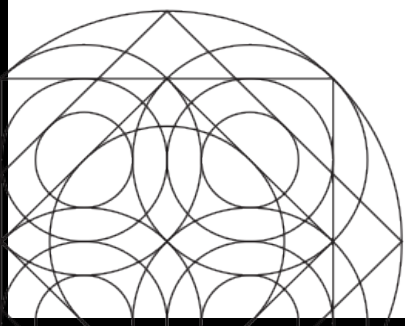


VOCAL

Performance





Vocal Performance

MASTER SPEAKING TECHNIQUES

PACE

Typically when we take to the stage a rush of adrenaline takes over, and we speed up our words and our breathing

Speed up when you're creating drama and tension, then slow down so that people can catch up.

When you speed up, only go a maximum of 10 seconds, then slow back down.

When you speak naturally there's a cadence and a rhythm to your voice

Show your emphasis

Slow down your pace and increase your enthusiasm, two great things to do in any presentation.

PAUSES

Use Pauses

Give your listeners a chance to catch up

Give structure to the spoken word

Will help you feel more in control of what you're speaking

Great for getting rid of filler

Be OK with silence in the moment and work in pauses

Keep in mind that pauses will seem like an eternity to you, but actually to your audience they just seem normal

PRONUNCIATION

Some variations are acceptable due to cultural and language differences

Typically there's a standard articulation of every word...learn it.

Enunciation— speaking clearly and audibly so that people can understand

PROJECTION

Voice projection is a strength that people can learn

When you project you command respect and attention

Volume - match the situation and conversation

An overuse of volume can be offensive and aggressive, and an underuse can be seen as weak and unsure

Its up to you to ensure your message is heard

If you really want our listeners to take notice. Reduce your volume

PITCH

Pitch gets your audience attuned to your message and your meaning

Signals that a new idea is coming and that they should listen up

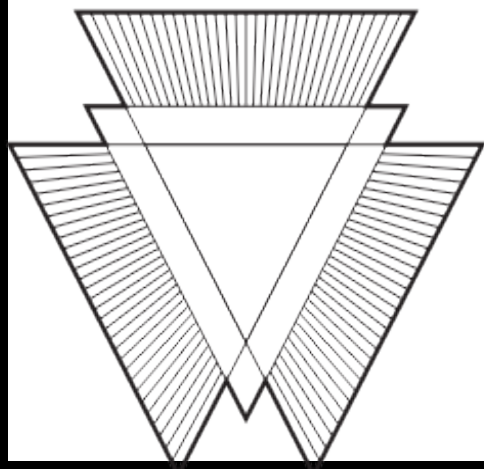
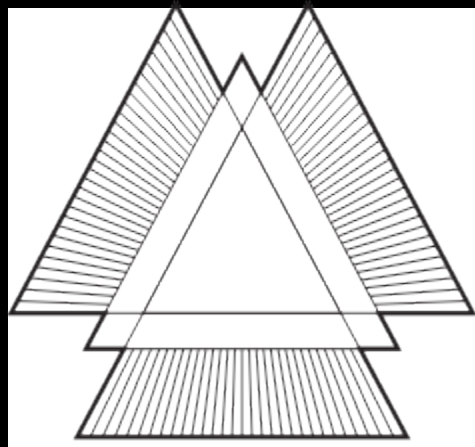
Tone - modulation and intonation to express feelings

Add inflections to your voice with an emphasis on a certain phrase

Emphasizes a point that's more important

Inflection Rising — is when you raise your voice as though you're asking a question

Inflection Falling — a much more confident way of speaking





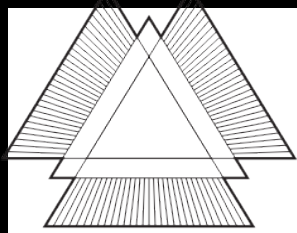
Vocal Performance

VOCAL WARMUPS

Three vocal warm up techniques to find your optimum resonance

- 1. Hmmm high to low*
- 2. YA YA YAs poking your tongue out*
- 3. Tongue Twisters*

Speaking eloquently and projecting powerfully requires a lot of muscles within the mouth, and like all muscles if they're not warmed up properly then they're not going to function properly.



HOMework

Download the Script for this Modules Pre-Party video. This is the script I used to film the Pre-Party Face to Camera video. I recommend printing about 5 copies as you'll need these in the next lesson also.

Open the Voice Memos App or the Camera App on your phone and record yourself speaking the script in your regular voice – before you've done any warm-ups.

Now run through the vocal warm up exercises, set a timer on your phone for 15min, and do a selection of all 3 exercises during that time.

The aim of the vocal warm-ups is to lower your voice to a lower octave. When your vocal chords are properly warmed up, as you do the Ya Ya Ya's you'll be able to hear a resonance and a smoothness to a particular chord.

It will be deeper than your regular voice. This is your perfect tone for speaking, so be familiar with what you need to do to find that tone. And trust me, after you've done this exercise a few times, you'll be able to hear it easily!

Now once you're properly warmed up re-read the script and record yourself again.

Play it back and listen to the difference between the first 'cold' one and the second 'warm' one.

Do you like your voice a little better?

Does it have a smooth, silky, softness to it?

Maybe a touch of Barry White?!

Now you're all warmed up, lets start working through our 5 Master Speaking techniques. The way we incorporate these is to bring conscious awareness to one technique at a time. And play around with how it feels to actively work them into a script.

So let's start off with PAUSES. Re-read the script and this time, work in conscious pauses, paying attention to the moments where you want the audience to really listen up.

Nest lets work on our PACE. Are there certain parts of the script where you could speed up a little, and certain parts that should be read more slowly and deliberately?

Now looking at PRONUNCIATION, re-read the script making sure you are enunciating each of the words fully.

Lets now work on our PROJECTION and imagine you are in a crowded and noisy room, you don't want to yell, but you want to make sure you are reaching the people in the back,

And finally bring awareness to PITCH, and re-read the script working on your pitch, thinking about how you would incorporate inflection rising, inflection falling and emphasizing certain parts.

Repeat this process each time, bringing awareness to:

*PAUSES
PACE
PRONUNCIATION
PROJECTION
PITCH*

When you're feeling confident that you can work all 5 of them into the one script, re-record your final effort on your phone. Now listen back to the first, second and third attempts. Is there a huge difference?

#HotTip: When I was working with my performance coach, we would spend 3-4hrs per 30s clip. Doing exercises just like I've given to you above.

Now compare your efforts to mine, by listening to my Pre-Party video (don't watch it, listen only).

And as you're listening, read the script again and see how I've worked in the 5 P's.

NOW: Post your first and final attempts in the Facebook Group and if you're LOVING the sound of your own voice now (which I hope you are), then let everyone know!