



Find Your Voice ® “Tips” for Compelling Speaking

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- Know that great speaking involves your entire body.
- Excellent speaking begins with “grounding” your feet. Can you feel them?
- Your voice is a magnificent gift, and you get to utilize it to the max!

- Your feet need to be apart when you stand and speak in public---parallel to the width of your shoulders.
- Always stand up to practice (if you are able). Stand up to coach!
- The bottom half of your body needs to support and “free up” the top half.

- Who you are down deep needs to “show up” in your speaking voice.
- You cannot hide how you feel about your Self; it is revealed in your voice.
- Discover your own authentic voice; don’t take on a “fake” persona-voice.

- You need to get your throat open.
- Effective breathing makes your rib cage expand.
- You can watch this happen in a mirror.

- Breath needs to “stay in” your body, rattling around in the resonators to produce sound.
- You will need to get great command of both your intake of air and controlled release of it, called “sound production.”
- When you breathe properly, your whole health might improve.

- You get to have **fun** learning how to become an authentic, skillful speaker.
- Fear of public speaking is anticipated (or remembered) shame and humiliation.
- You need to *really utilize* your articulators: lips, tongue, teeth, jaw...consistently.
- There are many “voices” inside you. Learn to hear them and learn from them. (No, you’re not Schizophrenic. ☺)

- Become wonderfully mindful of your inner talk/conversations.
- Start to speak in exquisitely self-supportive ways. Become excellent at this!

- Talking fast does not necessarily convey enthusiasm.
- “Speed-speaking” may convey anxiety and a “rushing,” hurry-up mentality.
- Talking too fast usually means you’re in your own head, convinced you have to “get it all out there before time is up.”
- Take your time, relax, and stay connected to your listeners.