



Your 4 P.A.R.T. Voice Tips

VOICE	POWER
What Works?	<p>Project with a clear, strong voice – use variety of volume for interest. Speak past the camera, even with a microphone – volume can be turned down.</p> <p>DO project clearly on camera, even when it is only a few feet in front of you or you have a microphone, especially if filming in public - project PAST the camera. Increasing your volume slightly on a key point can help emphasise the importance of that point. Likewise, going quiet in to a conspiratorial whisper can have the same effect, when you are aiming to tease, beguile or intrigue your viewers.</p>
Pitfall Habits	<p>Avoid shouting, this will strain your voice and hurt your throat. It can also leave you breathless and mentally disorientated. Again breathing and breathe control are key here to project your voice. If or you feel any stress on your vocal chords or throat - you have probably gone up a note or two to enable your voice to shout; so breathe and sink the notes down in to your belly.</p>
Solution Focus	<p>Breathe control is key to vocal power – use diaphragm breathing. It is impossible to project easily from your throat! For a sudden burst of power volume, you MUST feel the power coming from your belly muscles and allow the air to give you that power boost to your voice.</p> <p>In Studio - when you have a microphone, you talk in a normal voice but a little bit louder, as if you are talking to a small room of people. The microphone is not a miracle worker! When using the camera mic – still project your voice past the camera, as if to the back wall behind it.</p> <p>On OB, i.e. Outside the studio - talk a bit louder again, especially in a crowded room, doing interviews, testimonials or chats in public or filming at events. If interviewing, also ask your guest to speak up. If really windy outside – use a mic, mention it, speak up and move on!</p>
Practice Exercises	<p>To identify and improve your voice Power - stand against a wall with your nose almost touching it. Do your diaphragm breathing and count out exercise from 1 – 10, in a clear projected voice and feel the sound reverberating back at your face.</p> <ul style="list-style-type: none"> ▶ Now, as you say each number out - push it out from your diaphragm rather than your throat and breathe whenever you need to in a relaxed, Confident manner. Take your time, pause and breathe when you need. ▶ Take a step back and see how you have to increase your Power to create the same sensation, while keeping your voice and throat relaxed. ▶ Move back a few steps again and repeat. <p>You won't actually feel the sound reverberating back as you move back, but you'll hear the sound echo or bounce back as you maintain and grow your vocal power.</p> <ul style="list-style-type: none"> ✓ This is 'Projecting' your voice without the need to shout. ✓ Work on hearing this as you get further away from the wall. ✓ Then think of projecting PAST the wall to people on the other side. <p style="text-align: center;">This is your Power Wall exercise!</p>



VOICE	ARTICULATION
<p>What Works?</p>	<p>Articulation gives clarity to the words you say and sounds you make. Speaking clearly and pronouncing your words cleanly is Voice Class 101!</p> <p>To get our tongue round the words we need to open our mouths, speak cleanly, clearly and use our mouth and tongue properly. Enunciate the words - speak them with Power and confidence, say them clearly, take your time over tricky words or phrases - if you have trouble saying them, we will have trouble understanding them! It doesn't mean don't use them when you have to, but choose words and phrases you'd naturally say. If you naturally speak fast, like me, articulation is key – then sloooooow down for key points. Remember - your videos are online to be seen across the world - we must make the words we say understandable, speaking with good diction, while sounding natural with <u>any</u> accent. Your accent can enhance your story, but you may need some small adjustments - work out what they are?</p> <p>Clear diction, pronunciation and enunciation = Understanding.</p>
<p>Pitfall Habits</p>	<p>Vocal laziness does not belong on your video or any time you present!</p> <p>Lazy mouths are perceived in extreme as slovenly, stupid, a joke, so step straight away from that judgement and give your voice a chance! If you don't bother to open your mouth and use professional, decent diction, why should your viewer have to listen to you?</p>
<p>Solution Focus</p>	<p>If you've invested your time and money creating a fantastic script and a video shoot - be vocally prepared to deliver your best - boost your mental confidence by having a warmed up voice before you start. Warm up your mouth as well as your body and mind!</p>
<p>Practice Exercises</p>	<p>Stretch your mouth, hum, exercise your Articulators and be ready to get your message across cleanly, crisply, clearly.</p> <p>The Articulators in your mouth are:</p> <ul style="list-style-type: none"> The Lips The Teeth The Tip of the Tongue <p>Say <i>that</i> clearly a few times over and you'll see what I mean - only when you move your mouth, lips and tongue to pronounce the words cleanly can you properly project your words out. Repeat them again and now get quicker - how fast can you go before you 'trip over your tongue' another classic old phrase?!</p>



VOICE	RANGE
What Works?	<p>The variety of notes, inflections, emphasis and vocal patterns holds our Interest.</p> <p>The variety of. Base notes equate in our brains to CREDIBILITY, even in a woman.</p> <p>Good projection, articulation combined with base notes = the holy grail of voice credibility in the Western world. But higher range notes usually designate excitement or questioning - think the stereotype of the Australian accent, going up at the end of the sentence... people always perceive Aussies to be challenging, questioning or just plain excited!</p> <p>Find the notes you can use in your own vocal range that balance with the information you share that holds our attention. Each shift denotes a change in topic or mood, a sudden change can peak interest or shake us up when we most need. Vocal range is a must have to avoid the monotone drone!</p> <p>On camera we need to ensure that we follow different vocal patterns within a short script, so we don't end up with droning repeats. The more variety of inflection (<i>without going spoof radio DJ OTT, unless doing VO!</i>) the more interesting we find your voice. and more likely it is to hold our attention.</p>
Pitfall Habits	<p>Repeated 'Inflections' or way in which you stress certain words or phrases - you may not notice. but your viewer might, so CHECK:</p> <ul style="list-style-type: none"> ✘ Do you start and end on the same notes? ✘ Do you repeat the same inflections and patterns in the middle? <p>Dull, droning voice – you've probably heard a monotonous voice, but have one yourself? We all do at times! Monotone means using only 'one note' – it is connected to variety of eye contact and where we look, easy to do looking at an unmoving camera or reading Voice Over (VO) text.</p> <p>This is very important to notice + change during VO recordings.</p> <p>So what if your voice is very high?</p> <p>A high pitched, possibly nasal voice, can still be very powerful. Turn a potential 'distraction' in to a successful tool to add to your friendliness - be full of smiles and likeability! Ladies - you don't have to put on a low, unnatural voice, if you can't get your voice lower, you CAN still have vocal variety – test your singing range to see what I mean. And vice versa for men - if your voice is very low - add some high notes for like-ability and expression. Think of a super exciting or interesting story!</p>
Solution Focus	<p>Listen while you speak – notice how you use different inflections and vocal patterns. Start to notice how and what you say and allow the M³ Emotional connection to let you say it with a chatty conversation normality!</p> <p>On camera, you have a very short time to grab attention, so you need to actually increase your vocal note variety from enthusiastic high notes to low notes - remembering that bass, low notes, give us a perception of credibility. That doesn't mean you do <i>all</i> your presenting in a low note way, as this will just stress your voice, simply that some key points can be delivered using low notes and your 'chat' can be delivered in a more normal or higher pitched voice.</p> <p>Always remember to talk with a smile – it gives you extra vocal range.</p> <p style="text-align: center;">FOCUS ON Variety, variety, variety!</p>
Practice Exercises	<p>How to assess and improve your vocal Range...</p> <ul style="list-style-type: none"> ▶ Think of the notes you use in your voice? Are they predominantly high / low / middling? ▶ Do you vary notes or stick with similar vocal patterns? ▶ What's comfortable for you to go high / low? What can you do to improve your vocal range? <p style="text-align: center;">Quick exercise – say out loud a few times...: "Tumti, Tumti, Tumti... Ti-tumti-tumti-TUM"</p> <p>Did you repeat it the same way and with same notes each time? That's totally normal and natural when reading nonsensical whimsy like this. Now try it with different inflections... think of it as a question, a statement, a challenge... Always make sure the LAST note you end any sentence with is a definitive END note – but not always the same note!</p> <p>To practice vocal note variety – count out loud from 1 to 10</p> <p>Focus on each number being a totally different note. Not just low to high, or vice versa, smarty pants!</p> <p>To really improve both Tone and Range, use random notes each time - each a different note.</p> <p>Have a go - it's not as easy as it sounds! Listen for your preferred patterns - going up or down a scale, or note repetition every third or fifth note - aim for each note being totally different. When you get really good, you can count from 1 - 20 in one breathe, each note different.</p> <p style="text-align: center;">PLAY - it WILL be more interesting!</p>

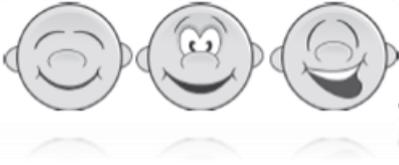


VOICE	TONE
What Works?	<p>The Vocal Tone gives the sense of feeling, emotion - the sense of the <i>real</i> you and how you really feel about the words you are saying. We need to say the words as they really mean to be fully Congruent. Remember to boost your energy by the 30% extra to connect the true meaning of the word through the camera lens. You might describe a voice as Smooth, Warm, Rich or Friendly, or Harsh, Rough or Raspy, or possibly Nasal, Throaty or Chesty. It's where we naturally speak from. It is directly linked to our breathing and it can be adapted and changed to impart a mood or feeling. Your Vocal Tone sets the tone of the video!</p>
Pitfall Habits	<p>When tense our voice can become a 'head' voice - it can sound 'tight' or restricted - stuck in your nose or in the back of your throat. Like when we have a cold - we don't hear the rich, warmer tones we may normally hear. This happens when we forget to breathe properly!</p> <p>As you shallow breathe, your throat constricts - all the muscles tense and our voice moves up from the belly (deep voice) to our chest (mid-range voice) to our throat and head (higher pitched voice).</p> <p>Have you ever been so nervous you have squeaked? I've heard it before, but I'm sure it wasn't the me!</p>
Solution Focus	<p>If that's tightness ever happens to you, as soon as you notice, in the moment it happens - simply pause, smile, breathe and imagine sinking your voice to your belly as you breathe out through your mouth, relax your jaw and feel your shoulder release the tension. Your throat and voice box will naturally relax within a couple of seconds when you allow them to - so breathe and laugh at yourself - we'll like you more because you're human too!</p> <p>Laughing is great because you can't not breathe in deep after a laugh! All your muscles relax too and take you to a more confident place, both mentally and physically – endorphins released as you smile and laugh, confidence boost – win/win!</p> <p>High pitched voice - practice humming low notes - this gives you more vocal variety and will actually enrich your vocal tone.</p> <p>Monotone voice - practice doing the “variety Hum” exercise above to see how many notes you can get in. It is linked to your vocal Range, so practice both together.</p> <p>Nasal voice - to enrich it - practice 'sinking' your nose and throat tone down in to your chest.</p> <ul style="list-style-type: none"> ○ To do this say the sound “NNNGG”, as in the end of singing. The back of your tongue will naturally push up against the back of your teeth a little as you do it, but keep it fairly relaxed rather than too tense at the sides of your tongue – forcing it and can strain the back of the tongue and neck muscles too much... ○ Keep your chin gently back, with your head held up, to avoid jutting the chin and creating a strain. ○ Start with pushing the “nnngg” sound out of your nose at your normal vocal 'note'... Do gentle scales... ○ Feel it pushing more out through your nose with high notes – becoming more nasal sounding as you do. ○ Notice the sound and reverberation move down to your chest with the lower notes. ○ This wakes up your chest cavities and finds the notes you need to give you that richer toned voice. <p>Want more 'warmth' - think of talking to someone who makes you feel loved and the most friendly and comfortable in the world... it may be your Mum, your Granny, your daughter, your partner, your wife – yes, more than likely it will be a female.</p> <p>Even most men soften when talking to or about a beloved, wonderful woman in their family!</p> <p>If you and your Mum have issues, think of that <i>#supergreat</i> person who makes you relax, or you have a good laugh with... let that smile come naturally with the M³ connection and feel the warm fuzz, shoulders sink and happiness creep across your chest – the next words you say will be full of warmth, then just remember how that feels!</p> <p style="text-align: center;">It's all about anchoring your mind-set in to a warm, cosy place that allows your voice to come out free, easy and relaxed...</p>



VOICE	TONE
<p>Practice Exercises</p>	<p>The ONLY way to improve your vocal tone is to learn to BREATHE and combine exercises such as Humming, belly laughing (closed mouth) and giggling "heeheehee" - you can have fun too!</p> <p>Remember the '<i>Breathe in to your bum</i>' deep relaxed breathing...</p> <ul style="list-style-type: none"> ▶ This time, breathe in through the nose and on the exhale breathe and work through these nose, throat and front of mouth tone exercises: ▶ Go "Huuummmmmmmmmmm" – lips closed, feel the gentle vibration in your lips and nose. If back in your throat focus, on moving it to your soft lips. ▶ Do a Belly laugh HoHoHo or HaHaHa, but with lips gently closed and the sound escaping through your nose – feel it in the back of your throat, gently, no stressing! ▶ Smile wide, lips just slightly apart and giggle "Heeheehee" – feel the sound move in to your mouth and notice when you actually start giggling properly! <p>Start with each quietly, deep in your belly and diaphragm with low notes.</p> <ul style="list-style-type: none"> ▶ Hum higher and you'll feel it move up in to your chest. ▶ Hum higher and higher notes and you'll feel it moving up in to your throat, to the back of your throat and as you push as high as you can go, out of your nose or even from the top of your head. <p style="text-align: center;">Notice for each of these where you naturally want to put the sound... Does the sound stay on your lips, in your mouth or move back in to your throat?</p> <p>They are all ok, simply be aware what is the natural preference for you and if you want to shift your voice, say from nasal to more chesty, then have a go moving it around from nose, to throat, to mouth, to deeper in your chest. The more you practise the easier this will feel.</p> <p>What you are doing here is waking up your Resonators – check vocal resonance on Wikipedia if you want to know more!</p> <p>Do these exercises <i>gently</i> to avoid forcing the sound or voice, especially through the nose or you can hurt yourself! As you build up confidence you can increase the Power to allow the sound to carry further – combine this with the Power Wall exercise to really feel your resonance reverberating!</p>



VOICE	BONUS...
<p>What Works?</p>	<p>And the last BONUS tip is the one that will help with a warm, friendly Tone of Voice more than any other...</p> <p style="text-align: center;">SMILE!!!</p>  <p>As I've said before - we can get away with many a thing on camera, from stuffing up to losing our lines, to being cheeky or demanding, all with a Smile.</p> <p>Starting with a smile or a laugh right before your first line will also allow you to relax and appear more Confident on camera - immediately. It also gives us the chance to like you right from the start – because we can smile back at you on screen 😊</p>
<p>Practice Exercises:</p>	<p>Try putting a smile on your face and saying something terrible. <i>"Breaking news - an earthquake just devastated London!"</i></p> <p>It's easy to do with a fake smile, but does it sound real? It's incongruent to talk disaster when you smile and vice versa for success!</p> <p>Now smile properly while thinking of something <i>Fabulously FUN</i> and say it - it is TOTALLY congruent because the smile on your face naturally puts warmth in to your voice!</p> <p>SO - when your Emotional Connection words, or the words you want people to say about you after watching your video are:</p> <p><i>"He/she is warm, friendly, approachable, decent, caring, connected, etc."...</i></p> <p>put a smile on your face, no matter how small or you won't connect those emotions even when the content is very serious find the appropriate moment, because THERE WILL BE ONE!</p> <p style="text-align: center;">Even simply THINKING of smiling before or as you start, will allow your voice to have a warmer, more friendly TONE.</p> <p>That doesn't mean if you want the Tone of voice to be 'serious' you need to think of the MOST serious thing you've ever experienced, because we still need viewers to like us, even when being 'serious' with our subject.</p> <p>During coaching I often make clients giggle just before they start – they smile, relax and we get a much warmer tone of voice and 'personality' Take, even for a serious clip.</p> <p>Think of times when you are coaching, instructing, sharing, mentoring someone with your video information - the seriousness of your content comes across in your word choice, so you never need to <i>TRY</i> to be serious – you're probably being FAR too serious already!</p> <p style="text-align: center;">Lighten up a bit and FIND THE RIGHT CONGRUENT MOMENTS TO SMILE!</p>



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.