



The Power of my Voice Self-A&E

Right, you've guessed it – it's now that time for some actual performance with your full Vocal A&E to work out exactly what, if any, your real vocal powers and pitfalls may be. Here are your *Power of My Voice Self-Assessment* instructions and forms.

Record your voice step by step – no leaping ahead and trying too hard to be perfect, or you won't hear the real you and how you naturally sound. You'll need about 30-60 minutes in a quiet, low echo space.

You're going to need and do:

1. Some means of recording your voice: whether a smartphone, dictaphone, webcam, video camera, or record via a PowerPoint slide on your computer. Hands free is best
2. Any piece of text that is about one minute long – something from the newspaper or a magazine will do, as long as it reflects your style you want to portray. If you want to use your own text, that is great – one minute will be about half an A4 page.
3. To record your voice and do a 10-20 minute Vocal Assessment: what PARTs works, what could be better?
4. Focus also on Pace, Pause and Performance – the other 3 P-P-P-PARTs of your voice including intonation and inflection.
5. Think how you could better support your voice – what would you need?
6. Think how to play with your voice in a fun way, for continual improvement.
7. Time now to plan and create your personal 10-minute voice self-coaching plan; you can practise whenever you need and use the form to readjust your Self Vocal Coaching as you improve.

How to Voice 3 Step A&E

1. Record yourself for up to 1 minute reading text in a straight read i.e. how you'd normally do it.
2. Review your first vocal recording at least twice, making 4 PARTs self-assessment notes below or in your workbook – what works and what could be better...
3. Then re-record your voice reading focusing on the 3 PPPs and what you could do better.

BONUS TIPS FOR VOICE OVER (VO) RECORDING

- ▶ Never hold on to a piece of paper when doing VO – always use a clipboard or stand – I use a cookbook stand in my home studio!
- ▶ Ensure you have your script raised up to eye height, not flat on the desk – if you are looking down you will compress your throat and restrict your voice – test it to hear what I mean before you start.
- ▶ You can record sitting or standing – but ensure you boost your energy if sitting.
- ▶ Sit on the front of the chair, never slump back or you'll compress your diaphragm – this can restrict breathing and can affect your voice. Balance and ground yourself with planted feet.
- ▶ Test recording standing up – does it make a difference for you? To your energy, your voice?
- ▶ Remember to listen for *what works first* any time you self-assess – praise yourself first!
- ▶ Only then listen carefully for vocal patterns that may be distracting – focus on your 4 PARTs. You know what to listen for now, so open those ears to hear what works and what needs work for you!



The Power of My Voice Self-Assessment & Exercises

Focus on your overall Vocal impact - what works / what could be better? BE KIND!

1. **What I like** MOST about my Voice is:
2. **Power** – projection + volume + variety:
3. **Articulation** – clarity + diction + mouth movement + accent:
4. **Range** – vocal variety + note patterns, highs & lows, ‘musicality’:
5. **Tone** – nasal, bass, credibility, warmth, matching the mood:
6. **My Potential Pitfalls** or Distracting Verbal Habits to Improve?
 - E.g. vocal patterns, enunciation, laziness, difficulty understanding, lack of variety, incongruence to words in empathy, emotion or energy, etc.:
7. **How I can improve** my Vocal habits?

Your Vocal impact can influence as much as Visual – develop your Vocal skills!

Now have another go! Re-record 1 minute and focus on the 3 Ps when you talk...

3 Ps: Vocal Pace, Pause and Performance Assessment

PACE - reading speed for ease of listening + variety
PAUSE - where to pause for understanding + reflection;
PERFORMANCE - vocal variety, colour, intonation, inflection, interest...

	What Works?	What could be better?
PACE:		
PAUSE:		
PERFORMANCE:		
Intonation		
Inflection		

Proper Performance requires Pace and Pause – Play with your Vocal 3 Ps!



MY NOTES...

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