



8 Vocal Tips

Remember to breathe in and breathe out deeply before starting your speech. It will relax you.

Find the rhythm in your words. The accents will help you convey your message in a more meaningful way.

Strengthen both your lower and upper registers. Learn to use them effectively. This will allow you to have greater vocal variety.

Remember that volume is created by increasing the breath pressure behind the sound, not by squeezing your larynx.

Practice with another person. You do not hear yourself as others hear you.

Record yourself. Listen to it. Try different ways of saying the same thing. Make sure you are sharing your message the way you intended.

Remember that practice doesn't make perfect; it just reinforces whatever you are doing.

Be curious. Find healthy new ways to use the voice.