

Increasing articulation and expression

(Section 5, Lecture 21)

How often do you speak up at a meeting but feel like no one heard you? This is a common complaint that I hear from my clients. There are many reasons why you may be experiencing this, but one reason could be that people didn't actually hear you. The fact is, we (your audience) are simultaneously listening and lip reading while we are trying to understand your message. If you take away our ability to lip read and see you articulate your ideas as we're hearing your ideas you are lessening your chance of being understood. To counteract that I suggest that you open your mouth more as you speak.

Opening your mouth more:

1. Slows you down
2. Makes you aware of what you're trying to say
3. Forces your lips and tongue to work harder to clearly articulate your words
4. Increases your volume
5. Makes you sound, look, and feel more emphatic

Instructions

Introduce yourself out loud now. Say your name, where you work, where you live, and something you like to do on the weekends. As you are speaking try opening your mouth more as you speak, especially as you articulate your vowels. What does opening your mouth more as you speak do for you?

Homework

Practice for your next presentation or meeting where you would like to speak up by saying your content out loud. Video yourself as you are preparing and say your content two times. The first time you speak, simply say your content out loud. The second time you speak, open your mouth more than feels natural. Watch your video with the volume off to see if you can read your own lips. This will let you know which you need to do in order to articulate your words as you speak.

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