

Your Body + Voice

Learn How to Express Yourself Effortlessly

Body Language

Have you ever noticed that when you are speaking with someone you know and like, you are never, ever thinking about what your hands are doing? It's true. You are simply engaged in the conversation, effortlessly connecting. Now, wouldn't that be lovely if that's how you felt every time you looked into the lens? Well, you can... with practice.

Dynamic, confident body language is as simple as allowing yourself to be YOU. When you are connected to your LOVE of your subject matter and your INTENTION to help your students grow, your good energy radiates from you effortlessly.

So, how do you want to make your audience *feel* when they are watching you? When you really consider this one question, you naturally shift your focus away from yourself (and your self-consciousness) to your students. You instantly become invested in their learning, from a deeply personal place.

The way you comfortably communicate is also deeply personal. This course is not about you learning how to speak the way I do. Rather it's about finding that level of comfort being YOU. That being said, there are certainly ways of standing that subconsciously give the viewer the impression that you are confident.

One of the best explanations of this is from Amy Cuddy, a social psychologist who delivered a TED talk about the power of body language. With 24 million views and counting, this is one video you do not want to miss.

[Amy Cuddy's TED talk: Your Body Language Shapes Who You Are](#)

In addition to assuming a “power posture” (you’ll know what I mean after watching the TED talk), I believe you radiate confidence by being open, relaxed, warm and inviting. Remember, energy is contagious and the more fun you are having, the more fun your students are having. That simply means that they will continue to learn from you time and time again, creating a loyal fan for life!

To Sit or Stand? Best Practices to Deliver Your Material

Now that you understand the principles of confident body language, let’s discuss the best practices in delivering your material.

- **Standing vs. Sitting:** For me, I prefer to stand when I shoot video. It helps activate my body and it gives me more energy. This is the energy that I want to share with my viewers. When you are seated, your energy tends to sink into the chair. See for yourself in a video I featured on my blog:

<http://www.alexafischer.com/sit-and-be-seen/>

Your Voice: Exercises for Clarity, Flexibility and Ease

Your voice is an instrument and like any instrument, the more you practice and play, the more expressive you become. So, how do you train your voice so your audience can understand every word and actually enjoy hearing the sound of your voice? It’s easy with these simple steps.

- **Do a vocal warm-up:** As a bonus video in this course, I am including an incredibly in-depth vocal warm-up from my friend and fellow actress, [Tessa Auberjonois](#). This warm-up will greatly increase your vocal range and your ability to clearly articulate. Try it and see for yourself!

- **Listen for vocal habits:** We ALL have vocal habits. It's important to bring your awareness to the ones that might be holding you back from conveying confidence. Are you someone who speaks in a single range? Uses vocal fillers like "um" "like" and "ya, know"? Habitually use rising intonations at the end of your sentences as if you are asking a question? If so, then gently bring your attention to them and make a choice to stop. You may feel self-conscious at first when you speak, but by self-monitoring your vocal habits, you can consciously choose to change them. It takes intention and action, but you can do it if you try. I promise.
- **Practice articulation:** Let's face it... If people can't understand you easily, they will likely tune you out. You can make your words understood easily by practicing articulation. One of the easiest ways to do this is to read OUT LOUD for 10 minutes each day. If you want to challenge yourself even further, go ahead and pick up my favorite book of tongue-twisters, "Fox in Socks" by Dr. Seuss. Read it out loud and you will see for yourself what a workout it is for your mouth!

To see me reading this to my kids, check out my post:

<http://www.alexafischer.com/the-fabulous-fox-in-socks/>

- **Embrace Your Accent:** Can you be understood? Great. Now, trust that and release all your insecurities and negative thoughts around this perception that your accent is getting in your way. If you do believe that this is the case, then practice the tips above! While the exercises are not meant to reduce your accent specifically, I guarantee that when you exercise your voice, you will be better understood. Period.