

Your Voice

Have you ever stopped to consider that your voice is an instrument? Like all instruments, it takes patience and practice to learn how to play it effectively. In this segment, I invite you to explore your voice as if you have never heard it before. With compassionate ears, listen for qualities you admire and areas in which you can improve. When your voice is clear, expressive, flexible and free, your audience will listen to you easily. You have important wisdom to share.

Take Action: Get Recording!

- Find a simple recording device, and get comfortable learning how to record yourself. Many smartphones offer “voice memos” as a feature.
- Look for opportunities to record yourself speaking. Ideally, you will record yourself multiple times, in various situations. You are likely speaking differently with friends than with your clients. Hear for yourself!
- Be a compassionate listener. No one likes the way they sound, so have a playful curiosity along the way.

Vocal Examples: Listen and Learn

The vocal pattern of President O’Bama: <http://www.youtube.com/watch?v=5ZeOhgEj-hw>

The vocal pattern of President Clinton: <http://www.youtube.com/watch?v=i5knEXDsrL4>

The many great voices (and stories) to listen to at themoth.org

Your Vocal Qualities Checklist

It's time to identify characteristics of your voice. While listening, notice volume, pitch, and rhythm. Below you will find examples of other qualities that reflect what you hear. Take note and mark down your observations.

- Airy or Breathy
- Soft-Spoken
- Whimsical
- Fast
- Slurred or Tired
- Over-articulated
- Warm
- Relaxed and comfortable
- Hoarse
- Honky
- Hyper-Nasal
- Harsh
- Strained
- Raspy
- Wobbly
- Loud
- Chesty
- Child-like
- Sultry