**How to Stop Speaking with a Monotonous Voice**

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The idea of getting up in front of a crowd and giving a speech/ presentation is a hard idea for everyone. Because they are nervous or lack public speaking experience, speakers speak too fast or in a monotone voice. The problem with this is that the audience does not absorb the speaker's message. If you're planning on speaking in public, you want to make sure your audience gets the message. Read this article for tips on how to fix a monotonous voice!

**Why Is Speaking with a Monotonous Voice a Problem?**

The reason a monotonous voice prevents processing has to do with how the human brain responds to emotion. When we speak with more emotion in our choice, we activate the listener's amygdala, which is the part of the brain that processes emotions, including behavioral responses and motivation. The amygdala forces the brain to focus and absorb information better.

A monotonous voice tends to be void of emotion. When there is no emotion present, the listener's brain cannot absorb your message because their amygdala isn't responsive to your speech.

The good news is that you can vary your voice pitch and improve your public speaking skills. Read on to find out three tips to prevent a monotonous voice and stay relaxed while speaking.

**1. Vary Your Voice Pitch**

If you have a monotone voice, your pitch stays stuck between one or two notes. This might be fine for everyday conversation, but it won’t engage listeners. They will be less likely to retain the information in your message - not because of the words you’re using or because you’re a boring person, but because your tone is not engaging them.

By varying your pitch throughout your speech, you will make your message more interesting for your listener. You will find that varying your pitch gives your speech more energy, variety, and a greater response from listeners.

**2. Move Your Body**

A lack of body movement will make your voice monotone. That’s because the mind, body, and voice are all connected. If your body isn’t expressing your message or conveying the story you’re telling, your voice will fall flat also. However, when your body is energetic and animated, it will encourage the voice to become more dynamic.

You’ll need to train your entire body to work together and express your message. But by moving your body and changing up your facial expression, you will make yourself and your speech much more memorable and engaging.

**3. Connect With Your Message**

The most important tip in public speaking and avoiding a monotonous voice is to feel your message. If your topic is not interesting to you, then it will not be interesting for your audience. Even the most mundane topics have interesting points; seek out those interesting facts for you and your audience and present them with conviction.By connecting your emotions and feeling your words, your stage presence will become more powerful, and you will become a public speaker that people believe in.

Luckily, this article provides key tips and tricks to help you speak from the heart!Give yourself lots of time to practice and experiment with different movements and pitches before the event.

**Speak From Your Heart**

Voice tone in speech is even more important than the words alone. Sometimes you can have the right message but the wrong tone. What you want to say and how you say it makes a huge difference on how it’s received.   When you speak non verbal aspects of what you say is even more important.  Speaking voice tone is non-verbal and it carries a-lot of weight.

Engaging with your emotions is the key to speaking from your heart. Emotions will flow through your speaking voice tone. Your voice is in your throat so you cannot think about it but must learn to feel your voice before you speak.

Emotions are stored in your torso, throat, chest and stomach. This is where we feel tightness, pain or even the term “lump in the throat”. Emotions or feelings are never stored in your head so you cannot feel your emotions in your head.

Many are unaware of speaking voice tone and this can limit the potential of speaking from the heart. Many conversations are disregarded and deep engagement is missed in personal and professional relationships simply because there is no heart in the spoken message.

Sometimes your heart is wanting to speak but your voice tone is not connecting to, supporting or matching your message, so when this happens you are not congruent and authentic.

**Tips to help you express emotion in your voice**

1. Breathe deeply using your diaphragm

When you breathe deeply, your voice is settled and stronger, giving you a speaking tonality that has greater credibility and authority. Research says that lower voice tones are paid more money and associated with Executive leadership. Evidence shows we trust deeper voice tones because they sound confident and we associate higher voice tones with inexperience. When you are clavicular breathing, that is raising your shoulders to inhale, your voice tone is higher pitched, uncertain, and you become breathless and unrelaxed. Deep diaphragmatic breath allows you to easily have a stronger fuller voice tone instead of a higher shrilly voice. A good diaphragm breath intake will relax your body making you feel more confident and certain when speaking.

Tip 1: Watch this video below for an explanation of Diaphragmatic breathing.

2. Use a wider range of speaking tone pitch expression

Being able to use speaking tone expression means you can easily inflect higher and lower pitches for communicating with passion and enthusiasm. The opposite would be to have a monotone that makes your speaking sound boring, robotic, and lacking heartfelt communication. Research shows that we choose leaders based on the charisma in their speaking voice because we find it more engaging. Click for the research here.

Tip 2: Lip trill voice warm-ups help you increase your speech pitch range. Repeat the warm-up, feeling the free resonance and vibration beginning in the chest and going to the head voice.

3. Slow down your speaking pace

Speaking slowly helps others feel your words and bring emotion into what you are saying. When you speak too fast it doesn’t put your audience first, sounds heartless, and has an anxious presence. Breathlessness can occur because there is no space for pausing. Your speaking pace for general conversations should be 120-160 words per minute. Check out research here.

Tip 3: Record yourself and listen back to your speaking pace and pauses.

4. Vocal Cords help your speaking voice sound more heartfelt

Just like guitar strings, vocal cords can stretch and lengthen creating open or narrow sound waves depending on how they are used. When vocal cords tighten, breath is reduced and makes your voice tone sound harsh, intimidating, and lacking in empathy. This can happen when we are stressed or angry. When the vocal cords are more relaxed they have more breath moving through them allowing a sense of warmth, softness, emotion, nurturing, and heart.

Tip 4: Use this straw exercise to help you balance your throat muscles and breathing.

Use your imagination to help you feel your words and practice the 4 voice tips to help you develop a voice that speaks from the heart.

In conclusion, to speak from the heart is to not just think about your words but to engage with your body, activate your emotions, and then use your voice to deliver the right tone for what you would like to say.