

Introduction

Welcome to Being in Voice with Flloyd Kennedy, training for the speaking voice.

Voice is how we express ourselves and how we communicate with the rest of the world.

Your voice is an amazing instrument. It is you, audible

Your voice is physical, and your support for your voice is ALL of you, ALL of the time.

Working on your voice is not just working on your whole body; it is working on your whole self.

- What does your voice says about you?
- How does it affect your life?
- Tired voice? Nervous about speaking in public?
- Do people ask you to speak up? Or why you are shouting?
- Is your voice 'pushed' or 'trapped', 'breathy' or 'edgy'?
- Would you like your voice to be, and to stay healthy? reliable? assertive?

Here you will find easy to follow and easy to do exercises to help you to express yourself with confidence, courage and conviction.

- Sound as good as you look
- Express yourself with passion and authority
- On the phone, in the classroom, boardroom, training session, media interview, in court, on the phone and on stage: find personal empowerment in your voice – toned up, fluent and free.

Learn how to maintain and tone up your voice up in your own time, as you build your vocal power, range, flexibility and clarity.

Use the exercises for regular practice, and as warmups before you speak publicly, whether you are teaching, acting, making a pitch or presenting a seminar.

Play with your voice and explore your vocal potential without strain or pain. Enjoy BEING creative IN your VOICE.

Using principles employed in training professional actors, this program allows you to release your vocal potential.

Communicate easily, effectively and powerfully. Express yourself with **confidence**, **courage** and **conviction**.

Being in Voice means sharing your thoughts, ideas and feelings by means of a sound, healthy, audible and interesting voice.

You ARE interesting, so there's no reason why you shouldn't SOUND interesting.

Working with your voice is a creative action, not a technical exercise; it's about expression, not projection.

Remember -

- 50% of your listeners' response is based on how you appear (body language, physical appearance)
- 40% on how you sound (voice)
- only 10% on content (the words you speak)