

Vocal Impact: Is Your Voice Working For or Against You?

The best way to determine your vocal impact is to tape record yourself. Just talk naturally about a subject that interests you, for example, your favorite vacation spot, the best teacher you ever had, etc...

As you listen to yourself, assess the following:

1. Is your voice high pitched?
2. Is your voice too loud or too soft?
3. Do you talk too fast or too slowly?
4. Do you sound nasal – as if you're talking through your nose?
5. If you had to describe your voice to someone else, would you use any of the following words: shrill raspy squeaky rough whiny monotonous.
6. Do you pronounce words completely? Do you drop off word endings?
7. Do you "uhm" and "you know" when you speak?
8. Do you frequently clear your throat or make other noises that interrupt your speech?
9. Do you sound confident or uneasy?
10. Do you sound interested or bored?
11. Do you sound like someone with authority?
12. Would you enjoy listening to the voice you hear on your tape?

Seven Quick Tips:

1. Drink lots of water throughout your work day.
2. Avoid excessive yelling or strained talking.
3. Demonstrate good posture.
4. Use vocal variety – stress different words in a sentence.
5. Use pauses...pauses are powerful.
6. Learn to breathe diaphragmatically.
7. Use complete word production.

Questions? Email: Deborah@deborahboswell.com