Using Your Voice Effectively

Areas to Explore

• Breathing and relaxation
• Voice techniques to add emotion and interest
• Body language and tone of voice

Using Your Voice Effectively

With a partner,

Discuss some ways you would like to improve your voice for teaching and be ready to share these with the group
What makes a good lecture?

- Useful subject
- Good Structure
- Logical progression
- Good explanations
- Good visuals
- Hand outs
- Activities
- Positive learning environment
- Ideas about how to study outside the classroom
- Professional and confident lecturer

Problems with voice can undermine any of the above

Using Your Voice Effectively

Avoid

- Quietness
- Monotones
- Hesitancy
- Too fast
- Too slow
- Poor or unclear pronunciation
- Too many verbal viral words and sounds

Using Your Voice Effectively

Try to

- Speak up
- Use word stress and intonation
- Fluency
- Vary the pace and pause
- Clear articulation
Relaxation and Breathing

- Correct breathing is critical to successful use of your voice.
- Nervousness makes it more difficult to breathe correctly.
- Having enough breath allows you to modulate and vary your voice.
- Not having enough breath leads to breathless speaking, little variation and low volume.

Stress

- Stress words which might be considered content words.
  - Say some words more quietly, some more loudly.
  - Say some words sharply and clipped.
  - Speak some words more slowly, some more quickly.
- Use your ear to decide what to stress to bring out importance, meaning, emotion, action...etc.
- Try the exercise with a partner.
Word Stress

- Our school is the **BEST** in town. The teachers are **friendly**, and **VERY KNOWLEDGABLE** about English. I've studied in the school for **two years** and my English is becoming **VERY GOOD**. I hope you will visit our school and try an English class. **MAYBE** we can become **FRIENDS**?

Diction

- Practice articulation
- Test sentence – “The tip of my tongue, my teeth and my lips”
- Try some tongue twisters

Voice Volume

- Head up
- Chin slightly up
- Focus on your audience
- Ensure you have no upper body tension
- Get the breathing right
- Fill your lungs with air
- Avoid constricting your airway by hunching up
- Practice gradually increasing volume
- Don’t force it – you should not feel any pressure in the throat
- Clear diction and stress is often more effective than forcing your volume

Use a microphone!!
Using Your Voice Effectively

• The words spoken

• Body Language

• Tone of what is said

Body Language

• Voice and body language need to be consistent
• Body language speaks volumes about how you feel
• Control your Non-Verbal leakage - you may be giving messages to your audience you are not aware of!
• Think about - hands, feet, posture, mannerisms

Positive Body Language
• Open
• Intelligent use of gestures
• Eye contact
• Voice tone – enthusiastic and positive

Avoid
• Folded arms
• Hands in pockets
• Looking down
• Too much movement
Make things sound interesting

• Your voice should be relaxed and fluid
• Sound enthusiastic (stress, diction and positive body language)
• Look energetic
• Use pace to add further interest
• Connect to the audience – "Now most people find this quite difficult so I will explain it carefully."
• Always look and sound as if you are interested – you engage with the material, not just present it.

Putting it all together

• Try saying the test sentence in a variety of ways – happy, angry, resentful, creepy, unhappy and invitingly.
• Use tone and colour of voice and body language to help convey your message

It’s a beautiful day today. I think I’ll go for a walk in the park.
Try reading the passage in way that sounds like you are interested and understand fully what is written.

Making a Confident Impact - Voice

• Make sure you are in control of your breathing
• Practice articulation and warm up your voice
• Cut out verbal virus non-words
• Use stress and intonation to sound interested and enthusiastic
• Slow down and speak up
• Be aware of body language
Summary - Using your voice effectively

- Breathing and relaxation
- Voice techniques to add emotion and interest
- Body language and tone of voice