

Your *Whole* Voice

Top Ten Tips for Talking

By Judith Quin



These tips have been collated from the tools, techniques and skills that I have learnt through my training and work both as a professional actress and coach and through my work with sound energy.

Now, as a vocal confidence specialist who wants to help you find and free your own whole, true, voice - I offer them to you.

They are skills and tools that I use every time I speak, or create a speech or presentation.

Remember, implementation is key.

"What Judith does is so unique and so absolutely necessary for leaders and emerging leaders, like you, to illuminate the whole voice behind your REAL message."

(Sammy Blindell, CEO & Founder, How To Build a Brand)



Confidence  Connection  Communication

Top 10 Talking Tips

A speaker has an obligation to endeavour to change their vocal patterns, when necessary, and there are a few main areas that can very simply help with this:

Mindset - Being aware of what is standing in your way and what it is you want

Physicality - How your body and stance effects both your mindset and voice

Breath - Take time to breathe in and out
- Breathe before and while you speak. Pause!

Vowel Sounds - They form the basics of what we hear, so be clear as to how they are made

Projection - Open your mouth! This may sound simple, but it's so effective.

Pitch Range - Exploring your range of pitch and using it
- Modulating the pitch gentle/harsh/direct
- Don't downward inflect – it sounds like you're coming to the end.
- Don't overly upward inflect – everything will sound like a question!

Rhythm - Distortion of rhythm/de-regularisation – Don't get caught in a pattern.
- Use the punctuation and PAUSE!

Written Conceits - Use Metaphor/ Simile /Personification / Superlatives / Opposites to enhance what you are saying.

Verbal Conceits - Look for these in your speech:
o Repetition – of sounds/words/ideas
o Assonance – repetition of vowel sounds (Creating Confident Capable Charming Speakers)
o Alliteration – repetition of consonants
o Onomatopoeia – Words that sound like what they are “Swoosh!” “Bang!”
o Adjectives & adverbs (Any DESCRIPTIVE word – as they help to add colour and contrast

MAKE IT PERSONAL – use stories that you can relate to so you are speaking from a place of knowledge & experience

If you have an important presentation or speech coming up and you would like a personalised plan to implement these techniques, find out more and request your no-obligation complementary clarity call. [Click here to book](#)

Never having been a confident public speaker and dreading having to do presentations to large groups of fellow professionals, I decided to seek some specialised help by getting in touch with Judith, an excellent vocal confidence coach, who approached the situation with tact, professionalism and humour - exactly what was required.

I have since given several lectures and done so in a very confident and effective manner. (Bruce Buchan, Maritime Arbitrator)

