

## Effective vocal exercises to enhance your public speaking skills:

### Breath Control Exercises

To improve breath support and control

#### Deep Breathing:

Take a deep breath through your nose, allowing your abdomen to expand. Count to four while inhaling, hold the breath for four counts, then exhale for four counts.

#### Laugh out loud:

Stand in front of your mirror breathing normally. As you breathe out begin a series of Ha-ha-ha-ha's until all your breath is used. Breathe in and start again. Vary your laughter. Make it louder, make it quieter and then build it up again. Repeat until you are laughing loudly and easily without any strain.

### Vocal Sirens

To stretch vocal cords and improve pitch

Make a siren-like sound by sliding your pitch from the lowest note you can comfortably sing to the highest & back down. Perform the exercise smoothly without breaks or strain.

### Lip Trills

To relax vocal cords and improve breath control

Make a “brrrr” sound with your lips, as if you are blowing raspberries. This should be done lightly and without straining. Vary the pitch while doing the lip trill, moving from low to high notes and back.

### Articulation Drills

To enhance diction and clarity

Pronounce words with exaggerated mouth movements, focusing on clearly articulating each syllable. Practice in front of a mirror to see how your mouth moves and ensure proper articulation.

### Vocal Warm-ups

To enhance clarity, projection, and tone

#### Repeat each phrase 3 times clearly:

- How now brown cow
- Unique New York, New York unique
- Sally sells seashells by the seashore
- Red lorry, yellow lorry
- Rubber baby buggy bumpers
- Peter Piper picked a peck of pickled peppers

### Humming Exercise

To warm up vocal cords and improve resonance

Hum gently with your lips closed, focusing on feeling the vibrations in your lips and face. Vary the pitch of your humming, starting from low & gradually moving to higher pitches.

### Enunciation Exercises

To force you to slow down and speak clearly

This passage comes from Gilbert and Sullivan's 'The Pirates of Penzance'. The verbiage is challenging and an excellent exercise in controlled speech.

'I am the very pattern of a modern Major-General; I've information vegetable, animal, and mineral; I know the Kings of England, and I quote the fights historical,

From Marathon to Waterloo, in order categorical; I'm very well acquainted too with matters mathematical, I understand equations, both simple and quadratic, About binomial theorem I'm teeming with a lot o' news,

With many cheerful facts about the square of the hypotenuse. I'm very good at integral and differential calculus, I know the scientific names of beings animalcules,

In short, in matters vegetable, animal, and mineral, I am the very model of a modern Major-General.'

### Resonance Exercise

To improve vocal resonance and projection

Produce a “Mmm” sound while placing your hands on your cheeks to feel the vibrations. Produce a buzzing sound like a bee, focusing on feeling vibrations in your face and chest.

### Yawning Exercise

To relax vocal cords and access a lower register

Start by taking a deep breath through your nose. Open your mouth wide as if you're going to yawn, letting out a relaxed sigh. Perform this simulated yawn several times, focusing on relaxing your jaw and throat with each repetition

By incorporating these exercises into your preparation, you can develop stronger, more controlled, and clearer vocal skills, which are essential for effective public speaking.

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## Pitch

Determines high or low the voice sounds. It is crucial for achieving accurate intonation and maintaining consistent tone during speaking

### Pitch Exercise

Take a deep breath in and begin speaking at the top of your voice until you run out of breath. Remain on the same note all the time. When you have finished, choose another note either higher or lower and repeat the exercise. You will notice the difference when the pitch of your voice is higher and then lower. You will likely feel a “physical” difference as well as an emotional difference.

### Pitch Experimentation

Speak the sentences below in your high, middle and low pitch range. Notice what happens to the intensity and the way you perceive the emotional content of the sentences. There will be a distinct variation between each.

- The economy is depressed
- Our clients have some questions
- This dinner is delicious

## Tone

Tone refers to the emotional content carried by our voices. The magic isn't in the words themselves rather the magic is 'how' we say those words.

## Volume & Rate

Volume grabs the attention of the listener. By increasing volume at certain critical times it jolts the listeners creating the necessary effect of listening.

### Tone Exercise

Repeat the words "Hub Pages" in the following ways:

- Angrily
- Laughingly
- Happily
- Importantly
- Sadly
- Despairingly
- Shyly

### Volume Exercise

The skill involved with getting louder or softer is to maintain tone and pitch while altering the sound level. Many people lose them both, particularly when they get louder. Good breath control is one of the major keys to upping the volume while maintaining tone and pitch.

## Children's Books

One of the greatest ways to practice your tone, is to read a children's book in your most animated voice. The best way to test whether you're using your voice correctly is to read to a child. You will be able to tell if your voice has the right elements, depending on how long you keep their attention. Book suggestions:

- The Gruffalo by Julia Donaldson
- Zog by Julia Donaldson

## Conquering Autopilot

### PIE

It stands for passionate, interested, and engaged. In order to capture the attention of your listeners, you need to look inspired to be there, immersed in the conversation, and excited about that thing that you do.

## Don't sound rehearsed

It is easy to go into autopilot when pitching your business or service, but remember when you go into autopilot, you lose the passion and the spark that makes your pitch so enticing. Every time you pitch your business, you need to remember that you are telling it to this person for the first time, and your pitch sets the stage for your entire presentation. Bring out your animation and enthusiasm. Use pauses to slow down your autopilot ramble, and remind yourself to embody all the elements of PIE.

By incorporating pitch and tone exercises into your preparation and letting your passion shine through, you can develop a more precise, varied, and resonant vocal range, resulting in a more engaging speech or presentation.



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