

# Vocal dynamics

the power of your voice

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**Voice is a fundamental  
component of the impression  
we make on people**

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We convey different meanings and kinds of information by changing nuances in our voice

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Our voice can move or turn off our listeners

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Our voice tells whether we  
are leaders or losers

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Our voice conveys  
information about our  
credibility and authority

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## What information do we carry in our voice?

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## Our voice

- Identifies us
  - each of us has a different voice
- Provides information about us
  - sex, age, origin, education ...
- Reveals our emotional status, our health, our intentions
  - happiness, sadness, excitement...
  - sick, drunk, ...
  - reproach, order, beg, joke,...
- Transmits our energy
  - Powerful, successful...

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## Voice is key to:

- keeping listeners' attention in speeches
- communicating authority, leadership and credibility

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## Components

- Tone quality
- Pitch inflection
- Emphasis
- Variety in pace and tempo
- Pause
- Emotional nuances our voice can convey

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Our first goal:  
**Achieving presence  
and authority through our  
voice**

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Our first goal:  
**Achieving presence  
and authority through our  
voice and our speech  
content....**

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## Delivering to our listeners

- Awareness of the power of our voice
- Focus on the **needs** of our listeners and not on how we speak
- Have a **conversation** with our audience and **not speechify** to them...

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## Voice skills we need to acquire

### 1. Diaphragmatic Breathing

Important to give power to our voice

### 2. Warming up your vocal chords

Important to have a warm, deep voice

### 3. Vocal Power, Voice Volume & Projection

Important to sound more authoritative, more credible and be heard better

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**Breathing**

Important to give  
power to our voice

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**Warming up your vocal chords  
and your speech organs**

Important to have a  
deep and warm voice

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# About Volume

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Volume is a huge key to sounding  
**confident** and **secure**

- **soft speaking** is often connected/associated with **lack of confidence**
- speaking with a **loud voice** will give you **confidence** and will project an idea that you are **confident**

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## In speaking to crowds

- Your speaking volume needs to be **comfortably heard** by your listeners/audience
  - **too quiet** and your audience will **struggle**
  - **too loud** and your audience will feel uncomfortable

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## Volume level adjustments

Volume levels need to be adjusted according to:

- the audience (close, far)



- the circumstances



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## Volume level adjustments (%)

Volume levels need to be adjusted according to:

- the topic



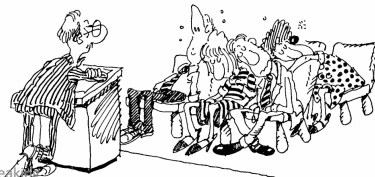
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## Volume is not just to be heard

In speech **volume is also key to:**

- keep your audience engaged
- be more interesting
- prevent people from getting bored while listening to you



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# About Pitch and Inflection

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## Vocal inflection

Our ability to raise and lower our pitch on a musical scale when we speak

- High tones
- Low tones

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We have a tendency to sit on our pitch without ever raising or lowering it

The result is **monotonous speaking** – speech that listeners tune out of

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When we vary our pitch

- our speech becomes more interesting and more informative



To sound more interesting and maintain the listeners' attention you should vary your pitch

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## Habitual pitch

We all have a habitual pitch

- high vs. low

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We control a wide range of voice qualities and have the ability to raise or lower our pitch

- high vs. low

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## What do we associate high and low pitch with?

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## Low vs. high pitch

- lower pitch = more serious, confident, more 'dominant'
- higher pitch = more emotional, more fragile

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## **People's voices and biometrics technology**

- HR judge the quality of applicants' voices by running them through the biometrics systems
  - Exclude people whose voices are not pleasing, dominant, etc.

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**Use your low pitched voice  
to sound more powerful,  
successful**

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## Vocal variety

Nice speech is **varied speech**

It is a combination of elements:

- **pitch** (the highs and lows of your voice)
- **tone**
- **volume**
- **speed**

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## Voice Skills practice

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## Practice #1

### - Posture

- Stand up straight
- Relaxed shoulder
- Hands open down by your side
- Grounded feet and knees

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## Voice Skill practice #2

### Warming up your vocal chords

<https://www.youtube.com/watch?v=Q5hS7euk>

UbQ: from 4:13 to 13:30

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## Summing up Practice #2 part 1

- Release tension in your mouth
  - **Yawn**
    - (feel the release of tension in the back of your mouth)
  - **Gentle cough**
    - (feel the gentle contraction in the region around the lower lungs)
  - **Lip roll** and move your head from right to left and back

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## Summing up Practice #2 part 2

- Release tension in your mouth
  - **Shoulder drop + lip roll and voice going from down to up**
  - **Body goes down voice goes up**
  - **Body goes down voice goes down**

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## Voice Skill practice #3

### Breathing

#### - Practice diaphragmatic breathing

Imagine that your energy and your breathing are located in the center

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## Voice Skill practice #4

### words

#### - Try and say these words

- ba da ga      ma na la
- bo do go      mo no lo
- bu du gu      mu nu lu
- bi di ghi      mi ni li
- be de ghe      me ne le

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## Voice Skill practice #5

### Volume control

- (next slide)

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## Practice #5 Volume control

Imagine you are a soldier on a night time guard duty. when someone approaches you say:

- **Halt, who goes there!**
- Imagine that the person is 2,5 meters away, 7 meters away and 25 meters away

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## Practice #5 Volume control

Vary the loudness of your voice reading the following numbers :

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 11 12

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## Voice Skill practice #6

### Pitch & Vocal Variety

Try to talk about yourself as if you were talking to a child

You will have to use:

- A narrative style
- Examples
- Descriptive words
- Variations in pitch, rhythm, volume, emphasis, etc
- Gestures and facial expressions
- ...

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## Practice #6 Example

### High and Low pitch

Try to say

- Hi, I'm NAME LAST NAME, I'm from COUNTRY, I study SUBJECT in Padova

with a high and low-pitch voice

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## Practice #6 Example

### Vocal Inflection

- Reading aloud a 2-3 year old story
  - Use the flexibility in pitch that you would use when reading to a 2-3 year old

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### This Little Piggy

This little piggy went to market.

This little piggy stayed home.

This little piggy had roast beef.

This little piggy had none.

This little piggy went

“Wee, wee, wee”

All the way home!

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**Voice skills can be practiced  
and learned**



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