

SPEAK TO BE HEARD

Please have your camera on
*If you must turn it off please
have a photo of your smiling face*

*I will stop at designated spots
for questions, please type
"QUESTION: your question"
in the chat to help me keep track*

Your host...
Danielle Benzion

WWW.THEINSPIREDSPEAKER.COM

REVISED & EXPANDED

freeing the natural voice

Imagery and art
in the practice
of voice and language

by Kristin Linklater

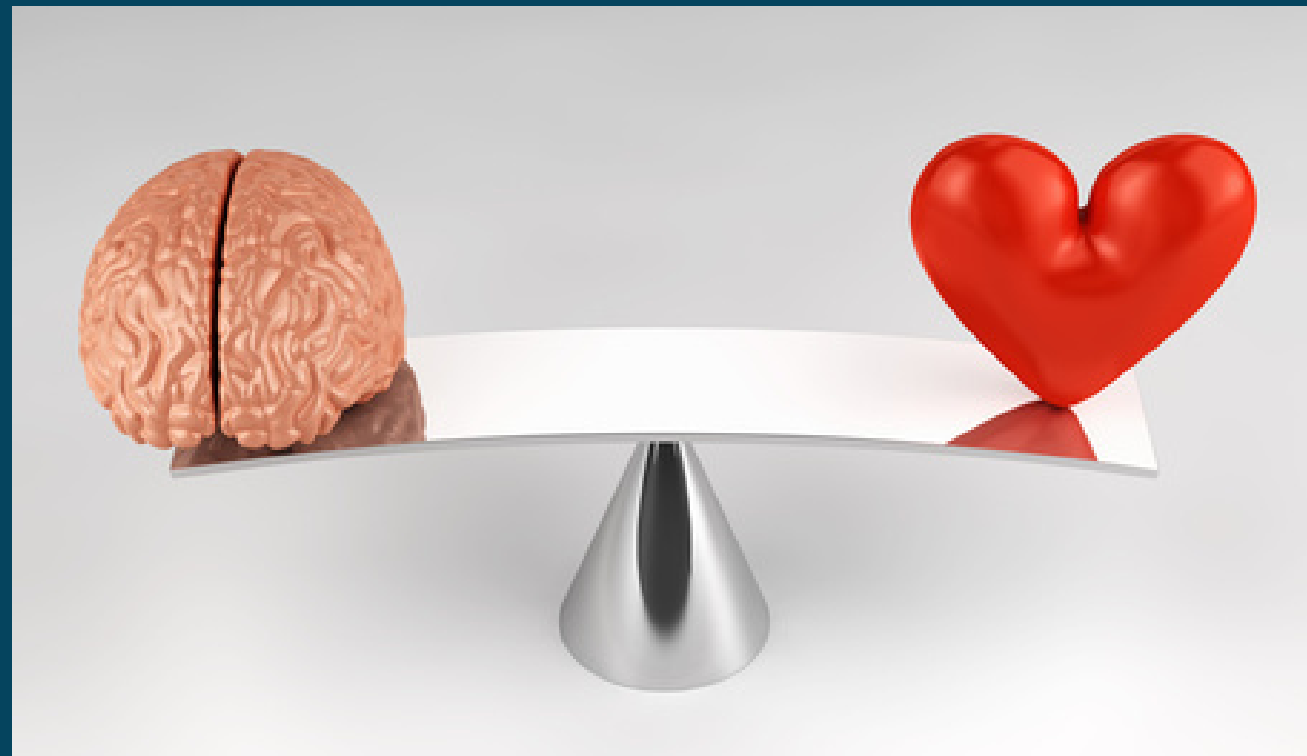


MESSAGE COHESION

WORDS

VOCAL TONE

BODY LANGUAGE



WORDS

crutch & filler words

apologies

distancing language

over-explaining &
diluting the message

WORDS

Napkin plan to organize thoughts

- use the power of 3
- paraphrasing vs memorization

Intentional speech

- breathe often
- think before you speak
- breathe deep

Ownership and Trust

BODY LANGUAGE

Awareness Measurement Routine

Closed

Open

Small

Expansive

Unbalanced

VS

Grounded

Fidgety

Calm

Nervous

Confident

VOCAL TONE

3 TRUTHS

The voice must ride the breath

New breath brings new life

Breathing and Speaking are
FULL BODY processes

1 EXERCISE:

<https://bit.ly/voice-exercise>

GIFTS

www.theinspiredspeaker.com/entuitive

- ✓ A workbook with exercises to help you identify your vocal habits and overcome them using the 3 Truths
- ✓ The One Exercise (for a strong, steady, clear, powerful voice)
- ✓ Three months in my Speakers Training Portal and Practice Lab

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**THANK
YOU**



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