

The basics of an effective voice

An upright posture is important so that you can use your breath effectively.

Relax: You need relaxed muscles so that you can breathe deeply and use the speaking organs effectively.

Practice to breathe deeply. Breath is the fuel of the voice.

Use your speaking organs effectively. Practice and train them.

Remember to warm up your voice.

Quick reference exercises to improve your speaking voice:

A POSTURE EXERCISE

Stand or sit straight.
Relax your neck and shoulders.
Imagine your spine lengthening. Imagine that your entire body is lengthening.
Remember to breathe deeply in and out.

RELAXING YOUR NECK AND SHOULDERS

Stand tall and straight. Drop and relax your shoulders. Let your head sag gently downwards towards your chest. Hold this position for 2 seconds. Relax, and gently raise your head. Repeat. Remember to keep breathing in and out.

Quick reference exercises to improve your speaking voice: (continued)

A BREATHING EXERCISE

Stand tall and straight, shoulders relaxed. Place your hands on your sides. Breathe in deeply through your nose. Feel the expansion at your ribs. Breathe out deeply through your mouth. Feel the ribs moving inwards again. Repeat 5 times.

AN EXERCISE TO CONTROL YOUR BREATH

Stand tall and straight, shoulders relaxed. Place your hands across your midriff. Imagine that the breathing process takes place at your navel. Breathe in, while you slowly count to 3. Breathe out, while you count to 3. Repeat 5 times.

AN EXERCISE TO LOOSEN UP THE SPEAKING ORGANS

Yawn, open-mouthed to open the throat and nasal passages. Yawn with your mouth closed. This relaxes and stretches your jaw and mouth.