



VOICE COACHING

What is your voice saying about you?

How your voice sounds is becoming increasingly important as communications grow; your voice is as individual as your fingerprint and is the means by which you present yourself and your ideas to the world. Many people come along to voice coaching usually for a number of reasons - because they know there's more to their voice but are unsure how to explore it, sometimes to learn how to project it further or perhaps because they want to have more confidence for speaking.

Apart from your appearance, it is your voice that makes the first impression when you meet someone. Understanding how your voice works and gaining greater knowledge of how to control it can be a huge step in your confidence and personal development. Many people are helped by going through a basic warm-up which includes how to breathe more efficiently, and learning relaxation exercises to avoid tension in the tongue, throat and voicebox. Coaching sessions cover how to slow down and add interest and emphasis (and therefore clarity) to what you say, and to manage the nerves or stage fright we feel especially when talking to an audience – speaking at an interview, or when teaching and tutoring, giving a wedding speech or a presentation at work in these days of conference calls and Skype.

Working on neck or body posture can benefit the sound of the voice and for some, voice coaching undoes a shyness or lack of vocal power of earlier years and brings a person out of their shell. Some people find that exploring their voice can in turn lead to clearer speech, making your listener take notice even more. All these aspects can be particularly useful if you are required to record your voice for your work and/or need to add conviction and energy to what you say – vital for teachers, actors, broadcasters, public speakers.

Whether you are looking for your authentic voice, or are simply interested in a vocal 'MOT' to spruce up your vocal skills, a few sessions of voice coaching will set you on the right track!

Pippa Wilson

Voice Coach/Speech & Language Therapist
