

## Powerful Presentations

Exercises for voice and speech

### Relaxation

1. Stretch, tense and relax the whole body and various limbs
2. Shake fingers, wrists, extend to elbows and finally shoulders
3. Roll right and left shoulders individually and then together
4. Feel your head grow heavy and allow it to fall forwards. The neck muscles should be relaxed. Roll head round bending slightly from the waist so that the weight of the head takes it round. Rotate in the opposite direction. Come to rest, chin on chest. Bring head slowly upright avoiding tension in the neck muscles.

### Stance

Get out of the wrong position in order to be in the right position. Sag, allowing head to fall forwards; chin on chest; deflate the whole chest; relax stomach wall; bend at the knees. Now you are in the wrong position. Get into the right position.

Ensure that your feet are a little apart. Straighten the legs, bracing the knees; bring the stomach wall under control; expand the whole chest; sit shoulders easily on to the chest; bring your head into the upright position (head in the air, not nose in the air). Finally ensure your weight is forward over the balls of the feet.

### Breathing (the foundation for all good speech)

- Sigh heavily allowing chest to collapse
- Repeat
- Inhale by raising the floating ribs
- Count 1-5 on a projected whisper
- Intone 1-5 several times
- Intone 1-10
- Intone 1-15
- Intone 1-20

Nb. Between each count 1-5 etc renew breath by extending ribs with muscular action

Count using the same tone at about the middle of the voice range and releasing voice fully and freely

### Voice

- **Resonance**

Hum: 'Mmmmm'

Hum: 'Mmm – AH'

Sustain: MOO MOH MAW MAH MAY MEE'

Say: 'I must keep my voice at the front of my mouth'

Nb. A resonant voice carries further, sounds better, does not tire or become strained

- **Speech**

Tongue exercises: protrude tongue, pointing it, withdraw and repeat to the left, to front, to right, to front and so on

- **Relaxed lips and mouth**

Horse noise

Stretch mouth open and relax

Blow kiss

- **Articulation**

Punch consonants – crab, grab, sleep, cat, park, dead dog

Practice exaggerated enunciation

Don't slur words

**Useful hints**

- |                 |   |
|-----------------|---|
| Dry mouth       | - biting tongue gently causes saliva to flow                      |
|                 | - have a glass of water handy – take small sips                   |
| Too much saliva | - tip of tongue behind teeth and breathe in                       |
| Tight throat    | - learn to yawn without opening your mouth                        |
|                 | - breathe in air through the nose and open up throat              |
| Butterflies     | - tense muscles of abdomen and buttocks, hold, release and repeat |
| Facial tension  | - open jaw wide and relax   |
|                 | - smile, it relaxes your audience                                 |
| Drying up       | - look away from your audience, breathe in and out slowly         |
|                 | - look at notes, collect thoughts                                 |
|                 | - if you act confidently, you feel confident                      |