

## Voice Power

***Become the voice of confidence—and get results when you speak!***

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### **Program Description**

Studies by leading psychologists and communication experts show that it's not what you say that makes the greatest impact, but how you say it. This workshop provides proactive approaches for “vocal athletes” to reduce or avoid stressors associated with their profession.

This highly specialized workshop is designed to maintain a vital healthy voice and maximize productivity and efficiency for those who must spend a large percentage of their time selling, building relationships and diffusing problems over the telephone.

### **You'll benefit by learning:**

- To understand the basic anatomy and physiology of the speaking mechanism – from respiration and phonation to articulation
- Techniques for acquiring the 3 C's of vocal effectiveness: Confidence, Credibility, and Compassion
- Ways to manage and reduce vocal stress through diaphragmatic breathing exercises
- Strategies for addressing challenges associated with nasality, diction, speech mannerisms (i.e., uhms, aahs, etc.) and projection
- Nyman's 5 Step Voice Power Process
- To construct statements in a confident manner that reinforce your messages
- To demonstrate consistent, energetic, positive intonation and inflection throughout all interactions with others