

Getting the best out of your voice.

- SPEED** People tend to talk too quickly.
- PAUSE** A useful ploy to gain dramatic impact.
- VOLUME** Take care to ensure that all of the audience can hear.
- PITCH** Describes how you throw the voice. Men tend to have a lower pitch than women.
- tone** Implies the degree of emotion in the voice eg sadness.
- ACCENT** Describes the overall character of delivery and covers class and regional backgrounds.
- DICTION** The clarity with which the message is communicated.
- PHRASING** Describes how words are put together. It can include the use of the pause and tone. An element of dramatic input can aid delivery.
- BREATHING** You need to use the diaphragm muscles to control the intake and exhalation of air in and out of the lungs. This air is then passed over your vocal chords to create sounds and thus speech.

Shallow breathing means less air to work with and a strained voice, higher pitch and the display of tension. This compromises the authority of

delivery and the impact of what is actually said.
Standing or sitting upright aids breathing.

- **Breathing + pitch + phrasing + tone + speed + diction + pause + volume + posture = good delivery.**