



# TRAINING YOUR VOICE

Try this: Tape record your voice, talking about something you enjoy, or an idea you think is very important. Then listen to the recording.

**Is your voice:  
high and nasal?  
low and  
resonant?  
somewhere in  
between?**

**Do you speak:  
in a varying  
pitch?  
in a  
monotone?**

**Does your voice  
project well?**

**Do you put a  
“smile” in your  
voice?**

**Do you speak:  
too fast?  
too slow?  
at a comfort-  
able speed?**

**What do you  
like about your  
voice?  
What would you  
like to change?**

Try these voice exercises:

**1. Practice breathing from the diaphragm.**

Place your hands on your midriff, just below your rib cage. Inhale deeply through your nose, letting the area touching your hands expand as your lungs fill with air. Exhale slowly through your mouth, forcing the air out from below your rib cage. The idea is to breathe with your diaphragm, not your rib muscles. Repeat three times, then let your breathing relax to a natural rhythm. Using the diaphragm makes your voice more resonant.

**2. Stretch your vocal cords.**

Inhale as above. As you exhale, open your mouth and throat wide and relax your jaw. Exhale through your vocal cords,

starting with a high pitched sound and gradually dropping to a low pitch, as in a loud, satisfying yawn.

**3. Relax your head and shoulder muscles.**

Tilt your head to one side, as if to touch your ear to your shoulder. Repeat on the other side. Shrug your shoulders, then relax them. Tighten and loosen your facial muscles. Open your mouth wide and let your jaw go slack.

**4. Vary your pitch.**

Read something out loud, making your voice go up and down like a roller coaster.

**5. Experiment with emphasis.**

Read this sentence several times, each time emphasizing a different word: “Are you coming with me now?”

Record your voice periodically or ask for feedback from friends who listen to you. It’s the best way to improve your speaking voice.