



### Video 3 Information Sheet:

#### **Warm up your voice and body to be 100% media (or stage) ready**

Everyone who is a professional presenter, whether on air or even in their own company, has to eventually face their niggling self-doubts and nervousness.

I have worked with a number of seasoned voice coaches over the years, to help fine tune my clients (and even me).

Your voice, and its pitch, projection and pace can really command your audience's attention but let it be for all the right reasons. Nervous sounding voices and upward inflections, for example, can detract from the best written presentations on the big day.

A few of my favourite pre-presentation exercises below are a mixture of voice and body based techniques I have been taught by speech experts or have embraced through observing others engaged in this area.

I trust they can help you too, even if some probably make you smile a little as they will seem a little odd at first.

Gentle relaxation and energising moves can include:

- A few full body yawns, stretching out in all directions. Repeat three times and add your yawn voice.
- Shake the body especially the limbs to release any tension
- Hum in mid-point of range
- Trill your lip and tongue in different pitches – glide up and down a few times
- Move from "oooo" to "aaahh" without losing the core of the sound
- Sustain an "eee" sound for as long as you can on comfortable note in the middle your range of pitch – then glide up and down using an "ooo" sound afterwards.
- Massage your jaw manually
- Try a "cross country skiing" style squat with an arm swing, feet hip width apart and use your breath and voice to fuel the moves
- Sit in chair, put your hand below your thigh to hold down your shoulder. While sitting upright look down at the heel of the opposite foot. Change sides and repeat.
- Remember to aim to improve your voice quality. Try doing these exercise at least once a day for at least six weeks to get the most improvement.