

Your Voice In Business

For professionals in the spotlight...and those striving to be!

Laura Kessler, M.M., C.P.C.
Professional Speech & Performance Coaching
Master Vocal Communication Strategist
www.YourVoiceInBusiness.com

Your Voice In Business

***Helping Introverts Play Bigger and
Extroverts Play Smarter***

BROUGHT TO YOU BY:

Activate Your Business Magic

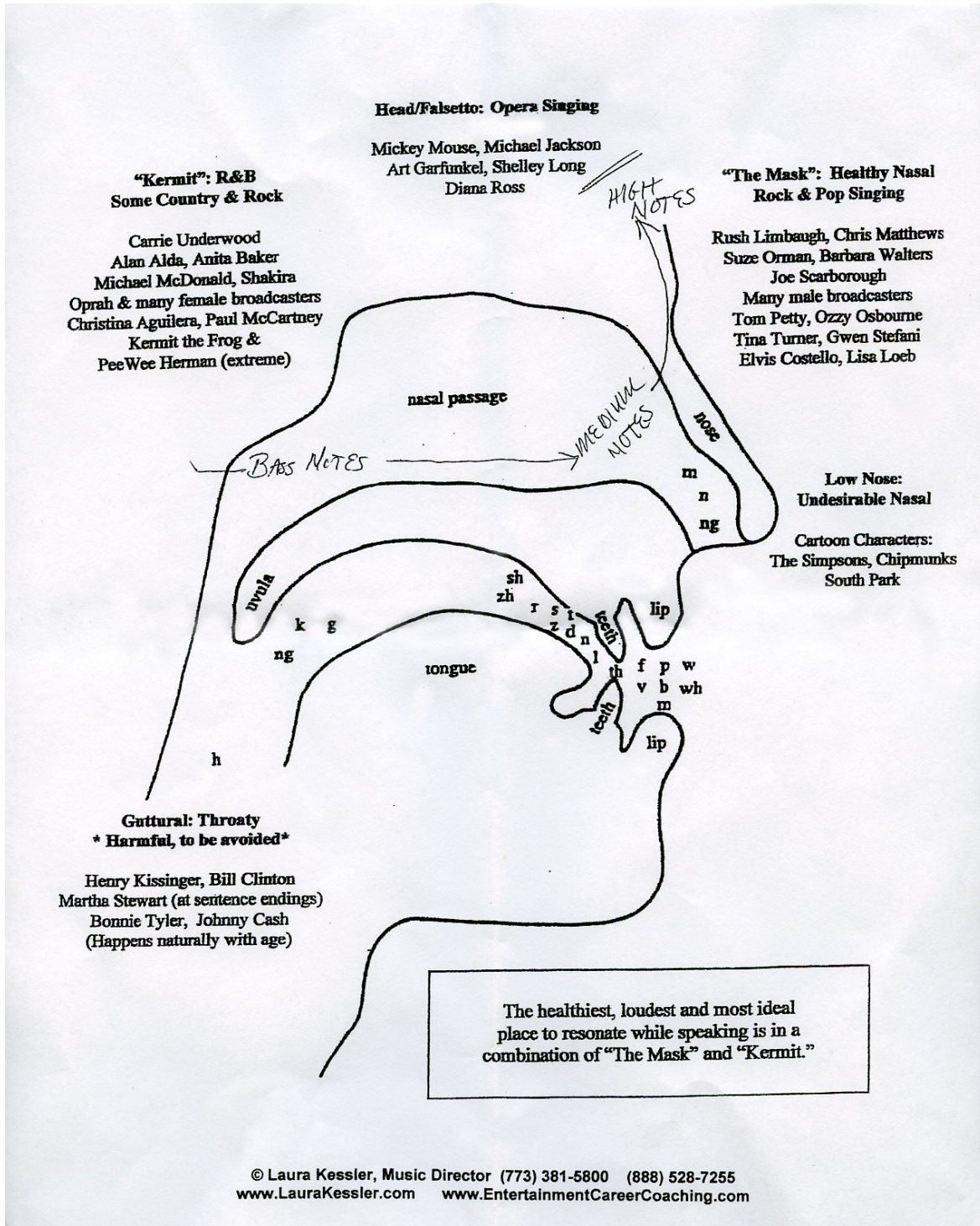
Hosted by Gretchen Duhaime

July 11, 2013

THE FOUR I'S OF STAGE PRESENCE, CHARISMA & PERSUASION:

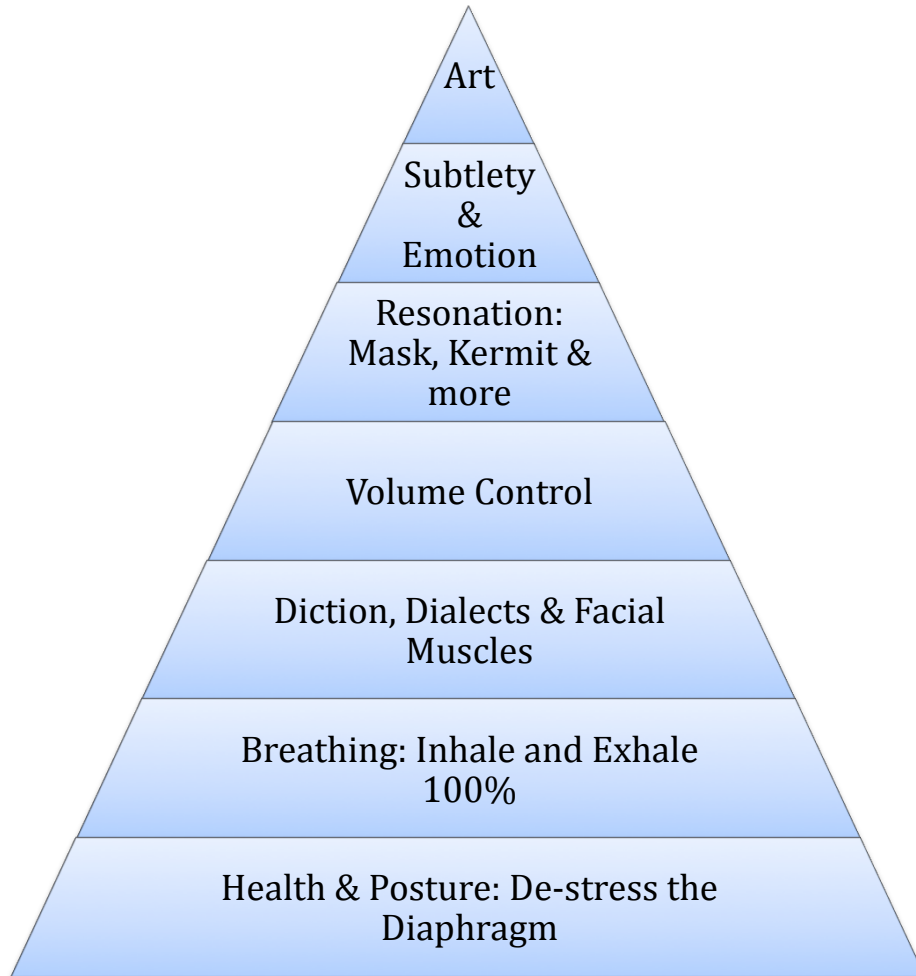
- 1. INTEGRITY – Listening to, caring and honoring your authentic self.**
- 2. IDENTITY – Who you are on the inside.**
- 3. IMAGE – What you portray on the outside.**
- 4. INFLUENCE – How you manifest your message and potential.**

WHAT IS YOUR VOICE REALLY SAYING ABOUT YOU???



7 Stages of Vocal Development

by Laura Kessler | www.YourVoiceInBusiness.com



Vocal Health Quick Tips

GOOD FOR VOCAL HEALTH: Water, sleep, vocal rest, vitamins, cardio and abdominal exercise, sirens, certain teas/cough drops, a comfortable healthy uninhibited attitude for creative expression

BAD FOR VOCAL HEALTH: Smoking, caffeine, alcohol, stress, screaming, speaking gutturally

THERAPY/REHABILITATION TIPS: <http://www.yourvoiceinbusiness.com/newsletter/>
How to Save Your Voice When the Show Must Go On: Vocal Therapy Tips for Speakers and Performers

BEGINNING VOCAL PRACTICE ROUTINE

by Laura Kessler, M.M., CPC

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GENTLE BODY WARM-UP (Level I):

Space walk *(loosen up.....release tension.....visualize pyramid)*

Shoulder rolls, neck rolls, spinal twists, back bends to loosen

Diaphragmatic Breathing 4-2-4....6-3-6.....up to 12-6-12 *(with good posture)*

Slow Leak Hiss *(no more than 2-3 at a time --- and never while driving!)*

DICTION EXERCISES FOR SPEAKERS, BROADCASTERS, ACTORS & SINGERS:

Go slowly and exaggerate the consonants and endings of each word.....use more of your facial muscles than normal

Always **Exaggerate** the **Ending** of Each **Word**!

PUTIKA BUDIGA *(air consonants vs. voice consonants)*

Red Leather, Yellow Leather *(wide, open mouth)*

Unique New York, Unique New York
You know you need Unique New York
(accent on the k's and n's very clearly.....slowly at first then faster)

Many Mumbling Mice Are Making Merry Music In The Moonlight. Mighty Nice.
(vibrate the M's in the beginning)

The Lips, The Teeth, The Tip of the Tongue *(clean, crisp, ending consonants)*

Young Girls, They Call Them the Diamond Dogs *(clean juncture between g-G and d-D)*

Rabbits Run Rapidly in Red Rain *(strong lip tension, not touching teeth)*

Little Laura Lives in the Land of Lithuania *(British – bite the tongue on the L's)*

SPECIAL OFFER FOR GRETCHEN DUHAIME'S 'ACTIVATE YOUR BUSINESS MAGIC' ATTENDEES:

Your Own Private 60-minute Voice and Speech Analysis: Pitch, Diction, Image, Body Language & more...

\$197

Laura will personally walk you through her favorite professional exercise routine for broadcasters, speakers, and actors, and you will also receive a professional MP3 recording of your session to refer back to and rehearse with in the privacy of your home, office or on the go on your mobile device.

Select the areas you would like assessed and Laura will provide you with a personal Quick Tips Summary:

- General communication skills & stage presence
- Vocal hoarseness (Do you get sore throats from speaking a full day?)
- Pitch modification (Do you speak too high, too low, monotone?)
- Accent reduction (Reduce, eliminate, or full-assimilate)
- Stage fright /physical issues (Is your nervous system working with you or against you?)
- Professional Image (Do you need to sound and appear more "executive?" Older? Younger? Louder/softer? More confident?)

Optional:

- Have a speaking role model in mind (TV anchor, celebrity, politician, etc, anyone we both know)
- Laura teaches dead-on impersonations to actors and comedians, so this is another fun way to do the same work many people enjoy!

You will also qualify for special savings if you decide to work further with Laura.

If you would like to schedule your private 60-minute Speech & Body Language Analysis, please contact Laura Kessler at (773) 381-5800 or email: laura@yourvoiceinbusiness.com.

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