



*The Voice of
Leadership:
Speaking with
Clarity &
Purpose*

Question: Do you
love your voice?

Two Parts

- **Self-Awareness:** Tuning into how you express yourself and how others see you (without judgement).
 - Evaluating where you are and where you would like to be.
 - Determining what you need to get there.
 - Applying to helping others evaluate their voices.
- **Best Practices:** what can we all do to show up with confidence, clarity, authenticity & sense of purpose?

How do you “show up”?

- What do you know about how others see you?
- What feedback do you get from others?
- What Commonalities do you notice in the feedback you receive and has it changed over the years?
- What does a video recording show about you?

How do you see yourself?

- What do you observe about how you speak without judgment?
- What judgments do you make about it?
- Is how you see yourself different from how others see you?
- Do you ask others how they see you if they don't volunteer information?
- Has it changed since childhood?
- How do you react when people give you feedback?

Awareness

- Introspection without judgement in a variety of situations with a variety of people
- Ask for feedback and listen without judgement or reaction
- Be specific about observable behaviors
- Be careful about establishing a cause/effect relationship
- Self-talk ... what do you say to yourself about it?

Getting Reflective

- How can you describe your voice?
- How do others describe it?
- What adjectives do you use?
- Connotation: positive, neutral, negative?
- “confident”? “playful”? “demanding”?

Perceptions of speech

- Descriptive Types:
 - Confident, strong, knowledgeable, engaging, firm, convincing/persuasive, savvy, alert, ready, powerful, assertive
 - Loud, offensive, angry, aggressive, boisterous, arrogant, demanding, pushy, “in your face”, authoritative, authoritarian
 - Playful, sweet, nice, kind, caring, charming, pleasant, sincere
 - Unsure, squeaky, forgetful, hesitant, indecisive, shaky, “pitchy”, childlike, tentative

Perceptions of Speech

- Mellow, soft-spoken, deep, calming, comforting, caring, thoughtful, respectful
- Shy, passive, low-key/low-energy, evasive, non-committal, quiet
- What value judgments do we make?
- Can you turn qualities viewed as “negative” into “positive” ones?

What causes these perceptions?

- Gender or ethnicity bias
- Cross-cultural communication issues
- Stereotypes
- First Impressions
- The “whole” package

What do you desire to change?

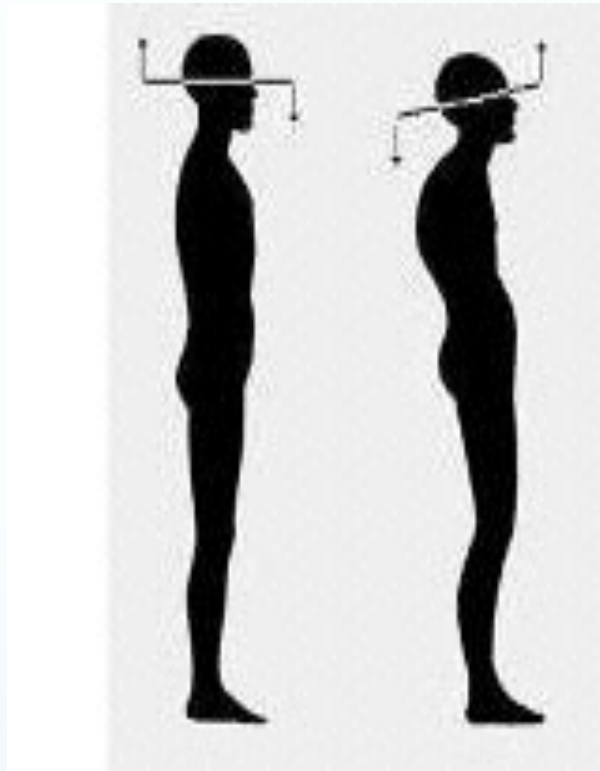
- Create clarity
- Get specific
- Speaking more deliberately
- Developing Executive Presence
- Improve First Impressions
- Build relationships outside your comfort zone

The Voice

- How does what you want to change get reflected in your voice?
 - What does a “shy” voice sound like?
 - What does a “powerful” voice sound like?
 - Anxious?
 - Strong?
 - Mellow?
 - Demanding?
 - Confident?
- What does a “leader” sound like?
 - What does your “leadership voice” sound like?
 - Record yourself when you sound like this.

What is EBL?

- EBL stands for “Empowering Body Language”



Arms Out and Open





Breathing Awareness

- Notice your breath
- Are you holding your breath?
- Inhaling/exhaling awareness: nose or mouth
- Where does the breath go?
- When you release sound are you exhaling?
- When you then inhale, where does the breath go?

Ways to Breathe

- Clavicular
- Chest
- Stomach
- Rib cage
- Pelvis
- Back

Breathing Exercises

- Hands on chest, stomach
- Hands on ribs/sides
- Hands on the back (bend and k
- Yawn / Internal Smile
- Drop / Relax the jaw
- Whispered Ahhhh



Whispered Ahhhh

- Stand
- Send directions
- Jaw Drop
- Yawn / Inhale
- Tip of Tongue behind lower teeth
- Exhale “Ahhhh” as a whisper until end of breath
- Close mouth and allow air to come in through nose

Vocalized Ahhhh

- Standing
- Start with Whispered Ahhh
- Gradually move to sound
- Get louder as you go
- Do this several times
- Count “1 – 2 – 3 – 4 – 5”
- “Talk talk talk talk talk”

Mouth Exercises

- Fish
- Stretch & Smile
- Side to Side “smack”
- Tongue points to up / down / left / right
- Tongue circles in both directions
- Pencil in mouth ... draw a smooth circle
- Shake it out ... /i/ /ahhh/ /ouuu/ /uuuu/

Jaw Exercises

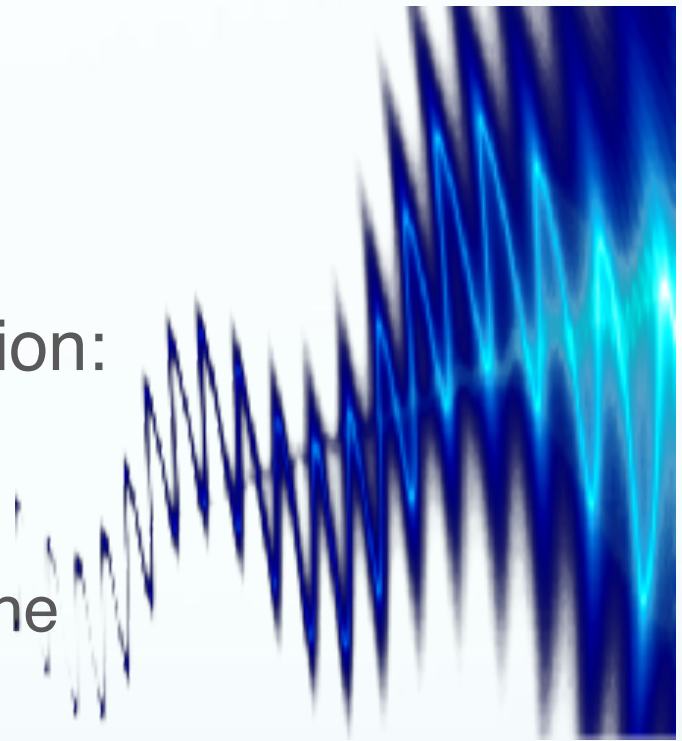
- Stretch & Hold while elongating the neck
- Dropping the jaw vs. holding with tension
- Controlling speech with the jaw vs. the lips
- Strengthening the jaw movement
- TMJ / night grinding

Standing Exercise

- Stand with Awareness
- Ground yourself
- Spinal length / Dignity Line / Rising Up
- Reach out – Open the chest – unlock the elbows
- Relax the shoulders
- Unlock the knees
- Span of influence
- 360 degree bubble
- Walk and turn ... ground and walk again

Moving into Sound

- Vocalize the Ahhh Jaw relaxed and dropped?
- Shhhhhhhh.....
- Nya.....
- Voicing and vibration:
 - Sssss/zzzz
 - Ffff/vvvvv
 - Shshsh/zhezhezhe
 - 2 th- sounds
 - Talk freely



Action Plan

- Identify a specific area to tackle
- Record yourself (audio or video)
- Do daily warmups
 - Breathing exercises
 - Movement exercises
 - Sound exercises
- Make it Fun
- Change the Routine