

The VoiceBox

A workout to build an outer presence that speaks of inner confidence



“We have to learn to release sound naturally in order to release ourselves. Then all that energy will flow into a word, a sentence and a need to reach out to the world, purely through a combination of sound and language.”

Patsy Rodenburg

Master your voice and speaking challenges!

Even though the human voice is such an important part of how we communicate our thoughts, beliefs and feelings, only very few people ever bother to train and develop the power of this persuasive ‘transmitter’. Surprisingly, a massive 38% of the influence you exert depends on the voice. The elements of tone, pitch, emotion and volume can all affect the listeners’ retention level of your message or impact their impression of you, both as a speaker and as a person! In order to be a truly effective communicator, in business or any other field, then optimising the influence of your voice can augment your ability to convince and persuade. Why not make the time to explore some simple techniques that really can make your voice work more effectively to say just what YOU want it to say about you!

Training especially designed for:

- Anyone who would like to optimise their vocal power when communicating with others.
- Guide group size and programme length: perfect for one-to-one coaching or groups of 6 or more.

Learning objectives:

- Understand the physical elements that enable breathing and speech.
- Develop awareness of the combined importance of breath, body, voice, posture: speak with more power and ease
- Use variety of colour, tone and pitch: convey the truth and depth of emotions / beliefs to be convincing
- Know that if what you say matters then so does how you say it.

Try - Test - Adapt - Apply!

- Practical exercises in relaxation, breathing and sound production provide understanding and awareness of how and where the voice comes from.
- Analyse your style by seeing yourself in action video.
- Practice and learn techniques and tips to enrich the quality, tone and clarity of your voice.
- Use the insight and awareness gained to sustain and develop your personal vocal power.
- Track your progress using the “Learning Log” and adapt to optimise individual performance.

A participant’s perspective:

“I was able to work in a really safe environment and felt a lot more confident about my ability to make a good impression after just a few coaching sessions.”