

VOCAL CONFIDENCE WORKSHOPS



YOUR VOICE AT WORK

We usually take our voices for granted... **until something goes wrong.**

- "I hate listening to myself on recordings."
- "My team is having a hard time connecting with clients over video."
- "My expertise and authority just doesn't come through in my voice."

These are some of the many challenges that bring people to **Vocal Confidence training**, and these are exactly the kinds of issues we solve in our workshops. Through targeted techniques from the world of professional voiceover, we train people to **project authority, command attention, engage, persuade and inspire** – all with the power of the human voice.



METHODOLOGY

Vocal Confidence training employs practical, hands-on techniques including:

- optimizing the vocal instrument
- practicing with real voiceover scripts
- identifying the "superpowers" in individual voiceprints
- playing with tone
- improvisation
- storytelling
- mock presentations

Participants will walk away with a brand-new set of skills to bring out the best in their voices AND a renewed sense of confidence in the voice as a tool to express authority, intention, and the most authentic self.

STRUCTURE

Workshops are designed for groups of <25 participants, although exceptions can be made in certain circumstances

Virtual, in-person, and hybrid options are available for all trainings.

Our focus is on the voice with a strong emphasis on out-loud practice from all participants. Don't worry if your group is shy, we have a strong track record of generating participation from **all** workshop attendees.

Following is a list of "off-the-shelf" workshop topics. We are always happy to custom-tailor a workshop to your team's specific goals and challenges.

WORKSHOPS

THE FOUR PILLARS OF VOCAL CONFIDENCE

Half-day or Full-day

Our most-requested workshop, structured around the Four Pillars of Vocal Confidence:

- Quality – maximizing vocal power and presence to demand attention
- Tone – getting messages across with intention and purpose
- Authenticity – connecting with an audience in a real, grounded way
- Presence – telling the story with clarity, organization and impact

VIDEO CALLS AND REAL CONNECTIONS

2-hr or 4-hr

In the spring of 2020 everyone became a voice actor. Communicating over video without the aid of in-person interaction and body language cues, many professionals found the experience uncomfortable and discouraging. Here we will practice:

- getting out of your head and into the conversation
- forging genuine, authentic relationships with the power of the voice
- learning how virtual meetings can actually help you connect more intentionally

OFF THE CUFF: PERFECT RESPONSES TO UNEXPECTED QUESTIONS

2-hr or 4-hr

Practicing presentations is all well and good, but most of the time we have to speak without notes. Your group will learn how to:

- calm the body and mind before speaking
- use tested and trusted frameworks to craft responses
- sound confident in the message
- use "chunking" to stay on track

ALL SPEAKING IS STORYTELLING

2-hr or 4-hr

Teams or groups that frequently pitch or give presentations will learn the following skills:

- using vocal color to engage the listener
- bringing the energy, every time
- pacing and tempo
- starting and ending strong
- making it personal and unique
- crafting an unforgettable story

HEARING IS BELIEVING: VOCAL AUTHENTICITY

2-hr or 4-hr

Vocal Confidence isn't about sounding like someone more confident than you – it's having the confidence to sound like yourself. This key workshop will focus on:

- uncovering your unique voiceprint
- learning what your voice does naturally, and when you might need to push it
- building the confidence to show up authentically in every communication – and the positive effect that authenticity has on your audience

PROJECTING CONFIDENCE

2-hr or 4-hr

What does it mean to "sound confident" or have "executive presence"? Learn these simple, accessible techniques to sound authoritative, convicted, and – yes – confident every time

- breath and diaphragm control
- terminal inflections ("landing down")
- power and resonance
- vocal momentum – sounding like you know where you're going

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