

SING

T H E C O U R S E

Warming Up Your Speaking Voice

This is a special section for my speakers! Thank you so much for joining us here at SING, and as I like to say, speakers are singers and singers are speakers. So, the techniques I'm teaching will work for both disciplines.

Why do I say speakers are singers and singers are speakers? As a singer you learn the art of communicating from the stage to draw your audience into your show. And as speakers, you learn the art of being able to move your voice around as if singing, so you can communicate without sounding like a boring drone.

For speakers, you start with the same warmups that we've already learned:

Breathing Exercises

Warm Up Your Body

Sirens and Trills

Scales

SING

T H E C O U R S E

SO, wait a minute! You can't sing a scale while **SPEAKING**, but you can speak a scale! This is how you do it. Take a word like "NO". Start low in your register, saying the word "NO". Then repeat the word as you climb from your chest voice up to your head voice. We'll learn more about chest, middle and head voice in the next module. This can be repeated using words such as **ZOO, ZEE, ZA, NEE, NA, NU, BUG, BAH, GOOG** and other creative words that spring to your mind. Keep it simple, focusing on the rise and fall of notes in your speaking voice.

Another way speakers can warm up their voices is to focus on ending their sentences on a higher pitch, vs ending it with a drop. The English language tends to drop at the end of phrases. However, as a speaker you need to learn to Lift the phrases to keep your audience engaged. You don't want to sound like an **EE-OR!**

The ABC's are an easy way to practice moving your voice around from soft to loud, low to high, and from different vocal placements.

The next section, Chest Middle and Head Voice will be very important for my speakers to master. This is where you'll learn to control most of your vocal health.

**NOTE: Speakers are at their healthiest, when they learn to stay in their middle voice.*