

**FIRM TONE**  
**ADDED PRESSURE**  
**TOWARDS LOUD**  
**STRONG SUPPORT**  
**SLIGHTLY RAISED**  
**PITCH**  
**VARIED INFLECTION**

## VOICE BOX

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**OVER LOUD**  
**HIGH PRESSURE**  
**TIGHT CONSTRICTED SOUND**  
**RAISED PITCH**  
**NO SMILE WITHIN A MILE**  
**MONOTONOUS**

**BALANCED VOICE**  
**ENOUGH PRESSURE**  
**SUPPORTED**  
**HINT OF SMILE**  
**FIRM**  
**DOWNWARD INFLECTION**  
**PACING AND PAUSES**

### WELL MANAGED SPECTRUM

Breathing before speech  
 Deliberately speaking slower  
 Consciously dropping ends of phrases  
 Shoulders down/chin low/ribs wide  
 Facial muscles activated/light in eyes  
 Gestures fluid/hands loose

**POORLY MANAGED SPECTRUM**  
 Speaking without preparation  
 Tension in jaw and tongue  
 Voice squeezed in throat/no space  
 Chin thrust forward or raised  
 Face not energised/dead eyes  
 Gestures minimal/hands tight/fidgeting

**WARM TONE**  
**WIDER SPACE**  
**LOW PRESSURE**  
**KINDLY**  
**OPEN PALATE**  
**MODULATED PITCHES**

## THINK

How hydrated are you?  
 Have you practised what you want to say?  
 Are you really happy to be speaking right now?  
 Have you got a strategy for controlling nerves?

**SOFT/WHISPERED TONE**  
**UNDER SUPPORTED**  
**PRESSURE TOO LOW**  
**'NEXT ROOM' VOICE**  
**NOT DARING**  
**NO TONAL VARIETY**