

Warm-Up for Public Speaking

If you were going to run a sprint or marathon, you would warm up your muscles first. When you stand in front of an audience, did you realize that the power and clarity of your delivery is dependent on the strength of the muscles you are using?

With a simple vocal warm-up you can ensure your speech muscles are ready for action.

Let's start at the very beginning....

With **BREATH**

- To maximize your breath supply, expand the chest by using the INTERCOSTAL MUSCLES to lift the ribcage.
- Take the breath deeply into the lungs counting slowly to 3, hold the position for 3 then release the breath, speaking numbers until you run out. Do this several times and aim to increase the numbers slightly each time.
- Be aware of the ABDOMINAL PRESS which helps you to control the outflow.
- You now need to get that breath up onto your head to AMPLIFY the vocal note produced in the larynx.
- To feel the RESONANCE, take a big breath and hum, placing the hands on the face to feel the vibration in the cheeks and the nose.
- Develop that feeling of resonance by releasing the loud note you have created from the hum in words which use nasal consonants.
- You can invent your own phrases. Try – “Many men making mounds of money.” Or “Mechanical motors make Melanie melancholy.”
- Now warm-up the muscles of speech in the MOUTH to ensure you have clarity.
- THE TONGUE – Try your favourite tongue-twisters featuring plosive consonants like T, D, K, or G.
- Stretch the tongue tip slowly towards the nose and the chin 10 times then circle around the outside of the mouth in both directions.
- Make sure the jaw is released fully to let out all the sound. To help this MASSAGE the face as you fully flex the facial muscles.
- THE LIPS – focus on phrases using B & P i.e. speak rhythmically B-B-B-BAH, B-B-B-BAY, B-B-B-BEE, B-B-B-BOH, B-B-B-BOO
- Finally explore your PITCH RANGE to improve the TUNES in your voice.
- Sing nursery rhymes or slide the spoken voice up and down the scale to fully wake up all your vocal notes.

REMINDERS

WARM-UP – BREATH
RESONANCE
TONGUE
LIPS
PITCH RANGE

Try this in your car on the way to your public speaking engagement and achieve

VOCAL IMPACT!