## loud & clear! Voice Coaching

## YOUR VOICE & HOW TO USE IT

**BREATH** gives power so breathe deeply.

**VOCAL CORDS** produce a little note through **VIBRATION**.

**AMPLIFICATION** takes place in the chambers of the head:

PHARYNGEAL (Throat)
ORAL (Mouth)
NASAL (Nose)
SINUSES
SMALL CELLS and AIR POCKETS
This gives RESONANCE

**SPEECH** is produced in the **MOUTH** using:

TONGUE
TEETH
LIPS
HARD PALATE
SOFT PALATE

There are 2 groups of sounds:

VOWELS – smooth, musical formed by lips and tongue only. PRODUCE ACCENT.

CONSONANTS – sharp, fricative Formed by any combination of the speech organs. PRODUCE CLARITY.

6 sounds are particularly important:

P & B T & D K & G

**JAW** should be relaxed and open to release sound.

Projection needs **MENTAL** and **PHYSICAL** application.