



FIVE VOCAL CONFIDENCE TIPS FOR EVERYDAY PRACTICE

- 1) **Record yourself** (audio or video) and listen back. Make sure to leave a gap of at least two hours between recording and listening to make sure you are hearing what you did and not what you *meant* to do. Do this a lot - enough that it loses all sense of strangeness.
- 2) **Catch yourself connecting** - pay attention to the moments you're in flow with your friends, partner, kids, colleagues. Track where you are and what you were talking about, look for patterns.
- 3) **Warm up your voice every morning** even when you don't have any communications that day. It will get you in the practice of awareness and control of your instrument (try my Quick'n'Dirty Warmup [here](#) - it only takes a minute!)
- 4) **Ask for honest feedback** when you have a conversation with someone you trust. At the moment when you'd usually say "Goodbye" instead ask "Is it okay if I check to make sure we're on the same page?" Ask for clarification on what you said and how you said it. If there's a discrepancy in information or tone, ask "Can I try that again?" and challenge yourself to find a different way to say it.
- 5) **Talk out loud whenever possible throughout the day.** Talk to yourself, your dog, talk back to the radio, get used to an uninterrupted flow of thoughts cascading from your mouth. Narrate your actions to yourself as you make your morning coffee. Play around! Be a British documentary narrator or an opera singer or a cowboy or a vampire - singing your words is incredibly freeing and rewires your brain in wonderful ways!