

## ANNUAL VOICE ANALYSIS CHECK-UP

*Gauge your vocal confidence level*

### Complete your Vocal Self-Analysis today!

If you are interested in finding out how you sound when you talk to people, at work or socially, start by thinking about your speaking voice and your vocal habits.

Verbal communication is nuanced and often complex. Here are some of the things you may recognise in yourself.

- You might speak clearly and deliberately for some time then tire and relapse into mumbling.
- Maybe you find that you use informal or inappropriate language in meetings when off guard.
- Do you interrupt people rather than actively listen?
- Is your laugh loud and explosive and an irritant to those around you?
- When speaking for any length or for a purpose do you lose your natural tune and become monotonous?

Try to stay objective as you examine your speaking style. It is easy to be too critical and seek out an abundance of imagined issues. You could also ask yourself if you would be that critical if you were listening to someone else speak.

### Your Vocal Self-Evaluation Checklist

Put a cross beside no more than three of the issues you notice while listening to yourself speak (or that people have regularly told you are a problem for you). You can use this information later to help determine where you really need to focus your efforts:

- I talk too much
- I talk too little
- My voice is too loud
- My voice is too soft
- My vocabulary could be more professional
- I use too many fillers (um, like, you know, etc)
- I don't sound confident while speaking
- I struggle to get the point across succinctly; I ramble

- My accent is difficult to understand
- I speak too fast
- I speak too slowly
- My voice is too high
- My voice is too low
- I don't articulate words clearly
- My voice is monotone
- My pitch changes too much or too little
- My voice is raspy/ creaky
- My speaking is staccato (syllables are punchy, choppy)
- My voice seems young/ immature
- My voice is challenging to listen to
- My voice starts out strong but fades at the end of sentences
- My sentences end with a questioning tone, even when making a statement

## Resolving Specific Problems

### **Resonance Voice YouTube podcast channel: [Resonance Voice](#)**

If you focus your attention on specific issues you will benefit far more than having a generalised approach. Select one communication goal that you are the most motivated to achieve. Small steps are best and don't be unkind to yourself during the process. There are many videos out there that can help you on YouTube and we have directed you towards our podcast channel where you will find exercises relevant to you.

Some speaking concerns require the help of a highly trained professional voice trainer. For example, if you have difficulty pronouncing certain sounds clearly, you may want to consult a speech coach. Many people benefit from a face-to-face interaction in real time with a trained expert. Many common vocal irregularities can be cleared up with some simple training and effort.

Contact us today to discuss how our workshops, coaching and training products can help resolve specific problems and improve your voice, your impact, personal presence and can help you to improve your communication skills.

## About Us

**Resonance Voice Training** is a company based in London. It is led by founder **Louise Kerr** and its excellence depends on a select team of hand-picked associates.

We have all had careers as professional performers having sung and acted across the UK and Europe. We all have experience and excellent track records in teaching and training communication skills.

Working across the UK we offer a range of courses for educational and public sector establishments, for charities, corporate sector companies and individuals.

Our highly adaptive approach can be tailored to meet most needs. In the last year, for example, we have tailored courses for newly qualified teachers, civil servants, corporate executives, chambers, doctors, social workers, call centres, and university academics.

We have also taught young people involved in the theatre and public speaking and others in need of interview skills.

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