

## **Using your voice at work**

You are already an experienced public speaker. In fact, your job depends on your voice.

But you may find you have problems with projecting your voice to a group. This can cause 'vocal strain' which if not treated can lead to long term problems.

You may also want to use your voice to make your vocal presentation more animated and interesting for your clients.

### **How do we do this?**

- Develop Vocal Awareness (Written)
- Correct Breathing Techniques (Practical)
- Vocal Warm Ups (Practical)
- Breath Supported Speech Exercises (Practical)
- Vocal Anatomy (Basic introduction to the speech making mechanism)
- How to avoid Vocal Strain (Practical Hints and Tips)
- Speech and Presentation (Practical)
- Basic Body Language (Practical)
- Projecting the Voice (Practical and Written)
- Impactful Speech (Practical and Written)

We focus on

- Everyday speech to groups for clear communication (Practical)
- "Voice Variety" - Making your speech more interesting using "Phrasing", "Pausing", "Pacing" and "Presenting" (Practical and Written).

This course is tailored to meet the vocal demands placed on :

Teachers

Nurses

Lecturers

Trainers

Priests

Journalists

*Certificate of Attendance available*

If you would like to discuss this further, please contact Claudia at [info@anamsound.org](mailto:info@anamsound.org).

[www.anamsound.org](http://www.anamsound.org)

**About me:**

I am a BA (Hons) graduate in English and Italian. I am also proficient in French, Dutch and German and have some knowledge of Spanish, Hebrew, Japanese and Arabic.

I am a trained teacher, having worked in primary schools in the UK.

I also have a drama and theatre background and I have worked as a jazz vocalist.

Some of the corporate clients I have worked with are:

Morgan Stanley

BNP Paribas

ABN Amro Bank

Randstad Recruitment Agency

The BBC

The Church of England