

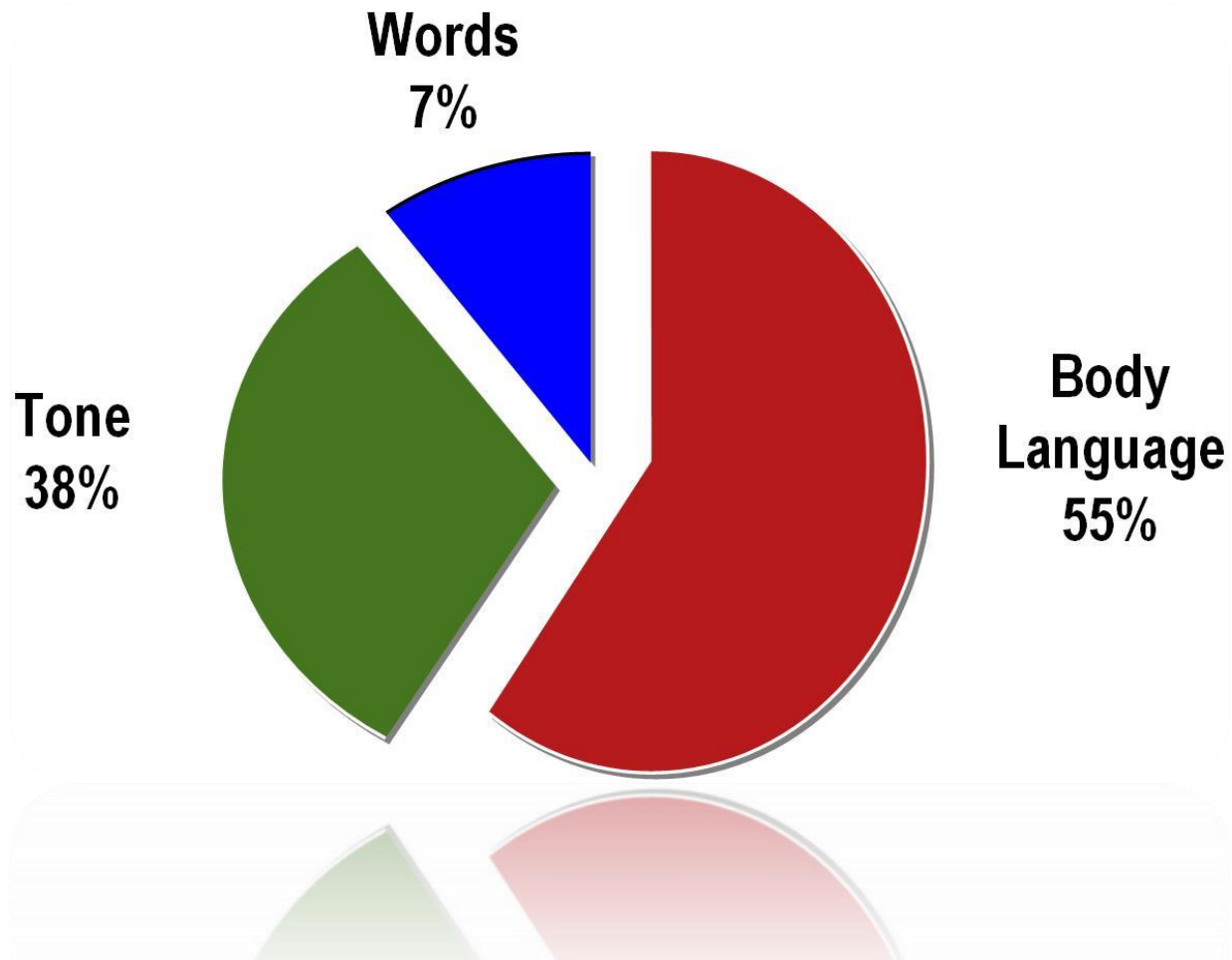
Lessons Learned from the Performing Arts to Make Your Presentations Shine



● Lisa Borok, CIT, CHI, CIG



Dr. Mehrabian's Pie



Like Artists, We Use Our “Instruments” Too

- Daily, if you're on the front line, or training those who are
- Periodically or daily, for presenting to teams, managers, agencies, foundations, stakeholders, boards & media

Unlike Artists, Interpreters Have:

- ◉ Little training in using our voices & bodies for communication
- ◉ No daily practice to keep the body parts we rely on in good shape
- ◉ Few guidelines for optimizing our performances
- ◉ Vague ideas of how to help ourselves & others with speech & stance issues

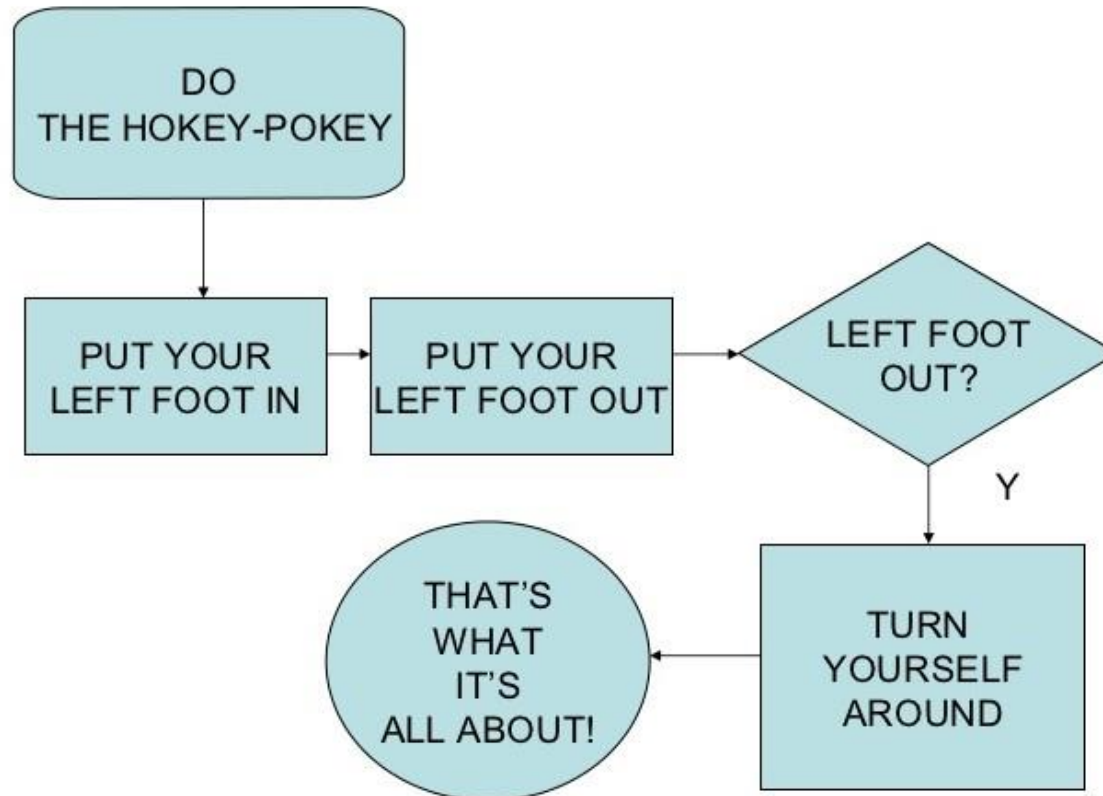
Workshop Objectives

Attendees will be able to:

- Demonstrate two vocal & two physical warm up techniques
- Describe one method each to enhance vocal production & nonverbal cues
- Model one physical technique to take focus & project authority

Presenting is a Workout!

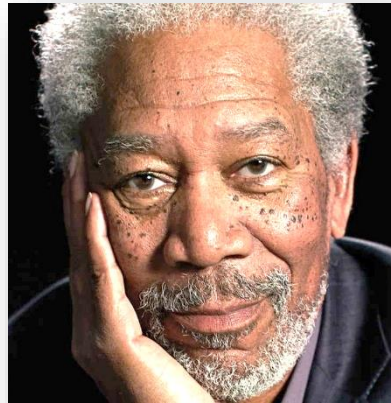
So, Let's Warm Up!



Whole Body!

- ◉ Deep breath then, hug yerself!
- ◉ Rag doll (head last up)
- ◉ Shoulders (shrugs, rotations)
- ◉ Neck (sides, back)
- ◉ Ribs, torso (side stretch)
- ◉ Legs, feet (shake out)
- ◉ Face, Mouth (lion & prune)
- ◉ Check for tension & imbalance

What Voices Do You Love?



Or Not...

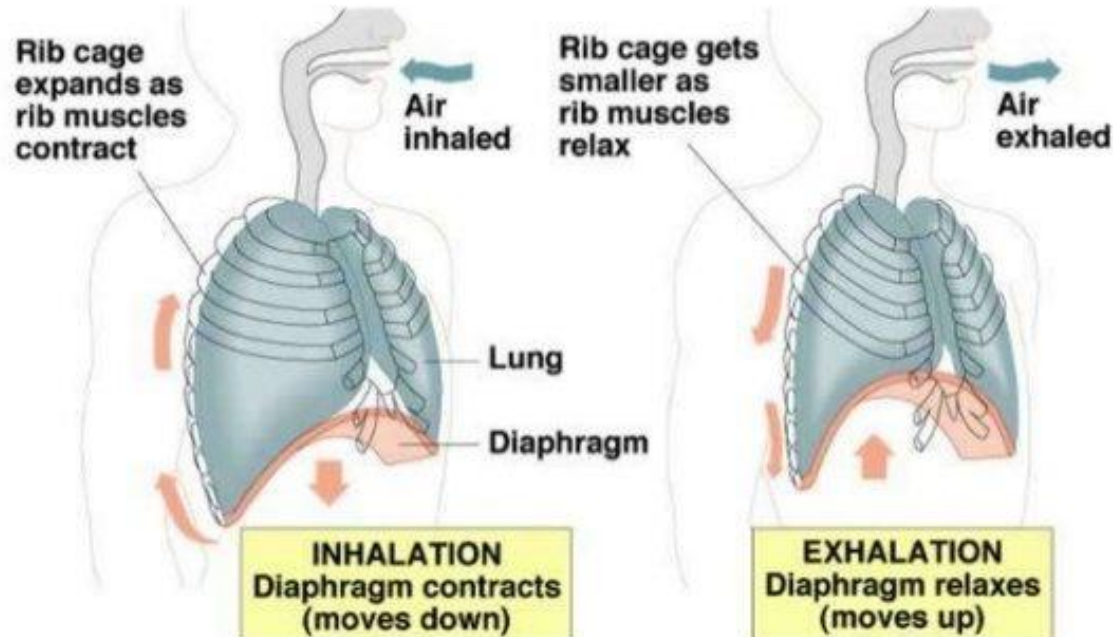


Where Voice Comes From

- ◉ **Breath** (power, volume, stability)
 - in lower torso
- ◉ **Vibration** (tone, pitch, texture)
 - in vocal cords
- ◉ **Resonance** (warmth, nasality, clarity)
 - in mouth & face

Your Voice Comes From: Breath

Inhalation and exhalation



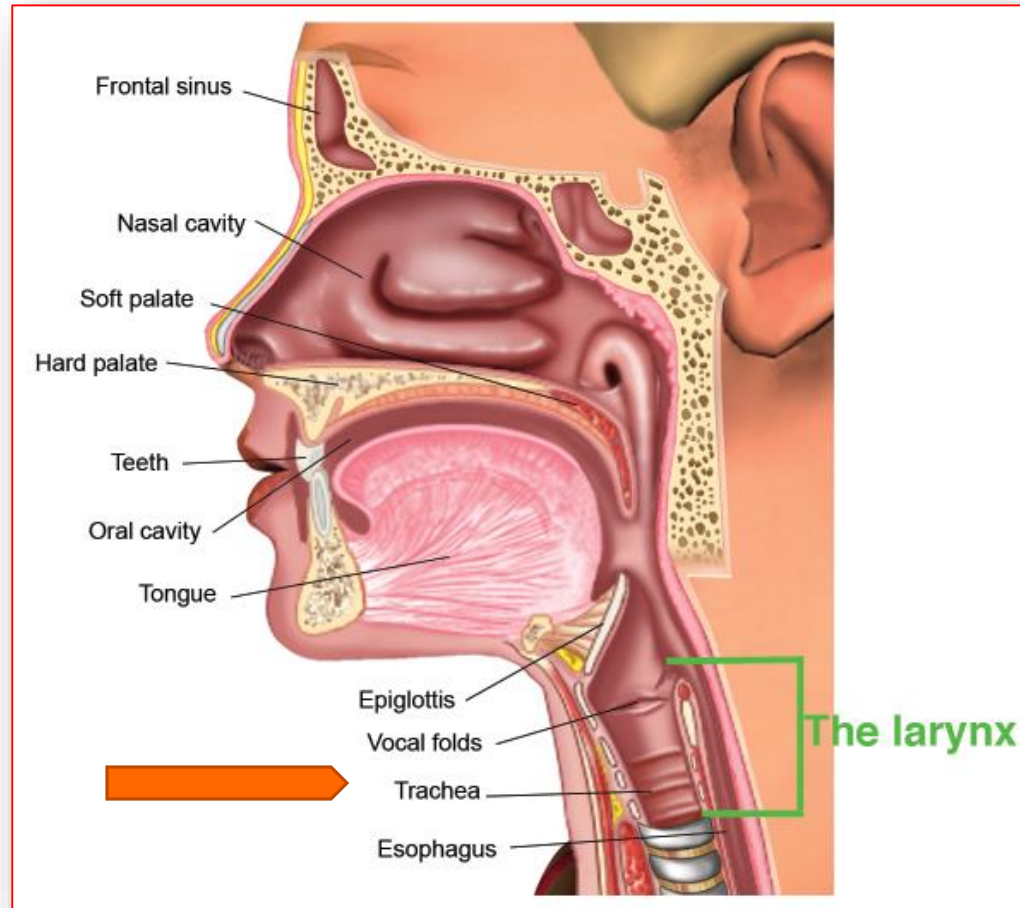
BREATH POWERS YOUR VOICE!!



Breath warm-ups

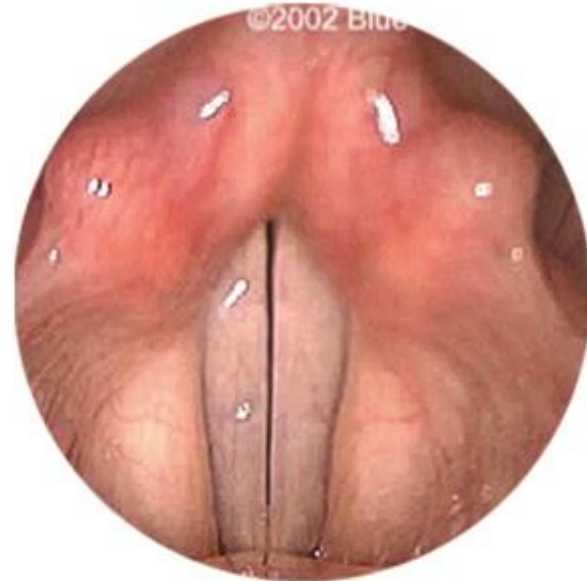
- On support
 - upper body relaxed
 - firm, not locked
- S & Z on exhale
 - extend duration
- Exhale & say: *This is me talking to you!*
 - inhale, then say it again
- Breathe in the space

Your Voice Comes From: Vibration



Vocal Cords (Folds)

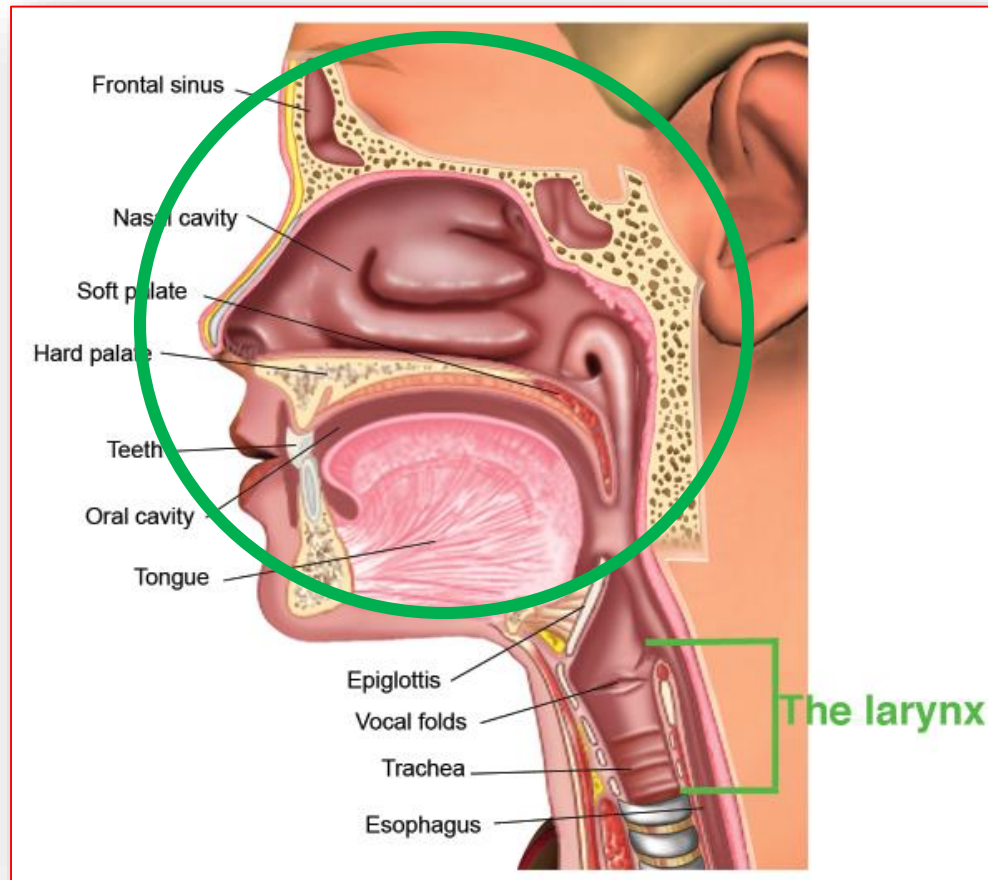
Normal vocal folds



Vocal Cord Warm Ups

- ◉ Light humming
- ◉ Sirens
- ◉ Sing or recite across your range
- ◉ Cough, don't clear!
- ◉ Vocal fry

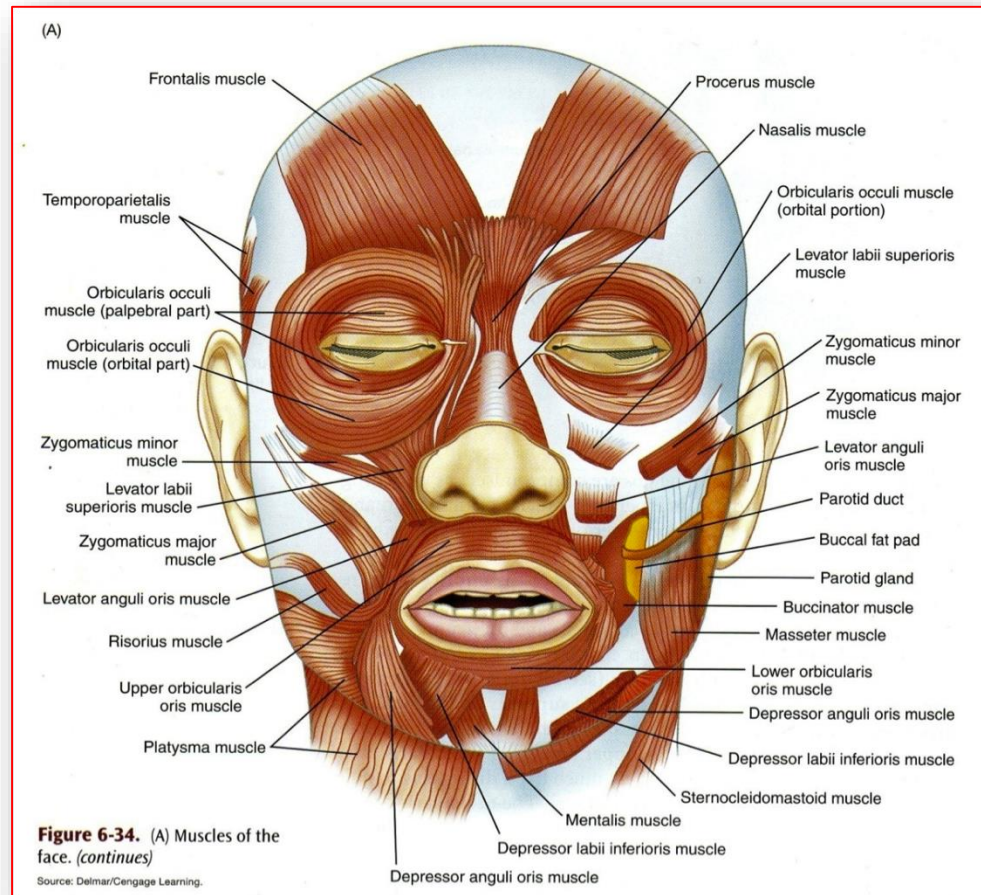
Your Voice Comes From: Resonance



Resonator Warm Ups

- Tapping while humming
- Hum to the floor, then out to the room
- Pinch nose (on ahhh & ngggg)
 - check for nasality
- Open throat, lift soft palate
 - almost-yawn
- Tongue
 - behind teeth

Your Voice Comes From: Diction



Mouth, Face & Tongue Warm Ups

- ◉ Chew
- ◉ Brush teeth with tongue
- ◉ Buzz lips loosely, roll “R”
- ◉ Tongue twisters (more in handout)
 - Lemon liniment
 - Unique New York

Put Your Best Voice Forward

- ◉ Warm up every day!
 - even 1 minute helps
- ◉ Breathe before & throughout speaking
- ◉ Enunciate words
- ◉ Watch your pitch
 - May need to lower *slightly*
- ◉ Place voice for the space (talk to hand)
- ◉ Practice: Read aloud (Dr. Seuss!)
 - vary volume, resonance, pronunciation, inflection & speed

Vocal Health 1

● HYDRATION, HYDRATION, HYDRATION!



Vocal Health 2

- Avoid alcohol, smoking, menthols
- Watch loudness & pitch in noisy places
- Get voice breaks, more sleep
- Gentle cough, don't clear
- Control reflux, allergies & asthma
- Sweet & fruity, licorice root, slippery elm
- Wash hands and face (protect health)

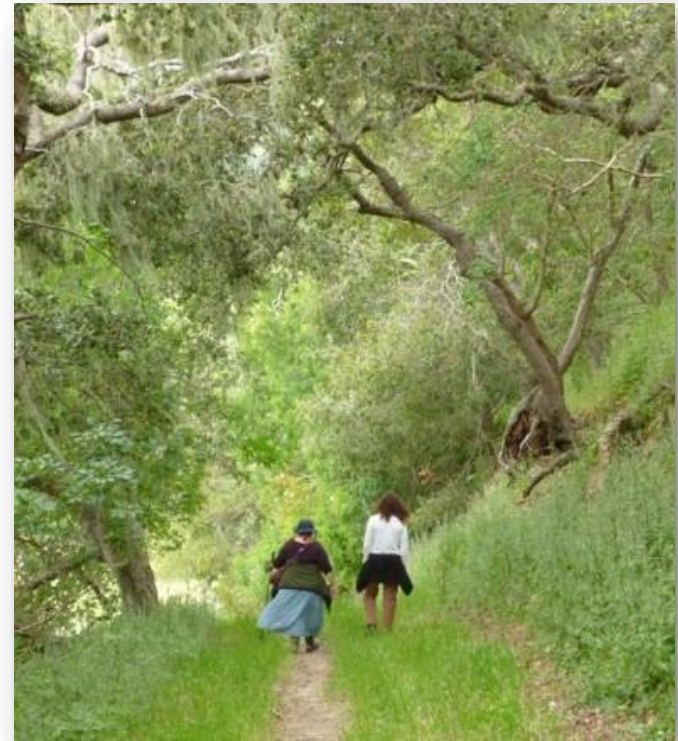
Using Space, Using Your Body

- Learn to use space effectively to better convey your message



Where to Stand

- What do you want the audience to see?
- Face the audience!
- Don't block the view
- Theater in the round
- Pivot turn
- Use the landscape



Taking Space

- Open body
- Neutral: mountain pose from yoga
- Square your body to project authority
- Give them the gesture, instead of the finger!



Giving Space

- Where you look
- Look with whole body
- Don't upstage
- Relaxed position



Shifting Space

- Move, stop, backtrack
- Switch between giving & taking space
 - in groups, answering questions
- Cheat out or step away
 - avoids private conversations
- Squat to look at small or low things

Working with your Brain

- Say “yes, and,” instead of “no, but”
- Let’s play games!
 - Yes, And
 - Two Sticks
 - Hot Spot



Putting it Together

- ◉ Warm up body, voice, brain daily
- ◉ Practice in small moments
- ◉ Record yourself and/or use a mirror
- ◉ Professional development & improvement

Resources

- Borok Consulting & Training
- Borokconsulting@gmail.com
- CA State Railroad Museum
- Lisa.borok@parks.ca.gov
- See handouts!
- Check out voice teachers
- Listen to voices you like

**I'VE LEARNED THAT
PEOPLE WILL FORGET
WHAT YOU SAID,
PEOPLE WILL FORGET
WHAT YOU DID, BUT
PEOPLE WILL NEVER
FORGET HOW YOU
MADE THEM FEEL.**

-Maya Angelou

