



Tips to Help you Deliver Well

Can you speak? Practical physical solutions - voice management

1. If you are dehydrated your throat will be dry, follow the general nutrition guideline of 8 large glasses of water per day. Always have water to hand when presenting, keep sipping and lubricating your voice as you speak.
2. Keep your home and office humidified and aired. Central heating dries the atmosphere, which in turn can dry out your vocal cords.
3. Being tired will affect your voice in the same way that it affects any muscular performance. You should rest your voice at times during the day for the same reason. Take time to relax, unwind and do breathing exercises. A healthy, less stressed you will lead to a healthy, less stressed voice.

Food and alcohol

1. Avoid eating late at night, as this encourages indigestion, which can affect the voice. Eat regular balanced meals. Limit your intake of foods which can increase the likelihood of indigestion, including spicy foods, citrus fruits, tomatoes, fatty foods, chocolate, alcohol and caffeine.

1. More than 3 units of alcohol a day can make your vocal cords swell. Your voice becomes husky, rough and lower pitched, so monitor your intake.
2. Never drink alcohol prior to presenting.

Smoking

1. Smoking damages your lungs, affecting your breathing and therefore your voice; therefore speakers should not smoke. Smoking gives out a mixed message if you are a professional speaker. Smoking, or being in a smoky environment, dries out and irritates your throat. Regular smoking can also make your vocal cords thicker, and your voice lower pitched and harsher.
2. There is no point two - SIMPLY STOP SMOKING!

If you develop a sore throat

A sore throat is your body's way of giving you a warning.

1. Rest your voice as much as possible,
2. Drink lots of cool drinks - hot ones can dry your throat,
3. Inhale steam,
4. Take a spoonful of honey,
5. Suck pastilles or boiled sweets to keep your mouth lubricated,
 1. Avoid medicated lozenges or cough sweets, as these will numb your throat. You then run the risk of talking more and potentially causing damage.
 2. Gargle with soluble aspirin up to 3 times per day. Rest between treatments.
 3. Vocal Zone (VZ) pastilles are an excellent remedy for a dry throat if you need to deliver. In my experience a VZ will give you a voice to present a 45 minute keynote without strain. At this point you should stop talking completely and put your throat into recovery mode. Celebrity endorsements of VZ here: <http://www.vocalzone.com/celeb.html> and VZ are available to purchase on and off line.
 4. VZ can also be used to give the voice clarity and power pre- any speaking engagement.

The Confidence Press 34 Nesfield Drive Winterley Sandbach Cheshire UK CW11 4NT

Office: 01270 212 999

e@eilidhmilnes.com

Mobile: 07876 786784

www.eilidhmilnes.com