



OhioHealth

BELIEVE IN WE™

Growing Global Leaders... Advancing Palliative Care



Finding Your Voice

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LDI C2 RC2

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Steps for this morning

1. Relaxation and breath
2. Turning breath into sound
3. Building and exploring resonant sound

Gentle beginnings

- Slo - mo head roll and spinal work
- Two - stage inhalation and exhalation
- Deeper breaths
- Connect to facial , jaw , and tongue relaxation

Turning breath into sound

- Yawning
- Vocalizing
- Dive - bomb to Optimum Pitch
 - Natural note of the voice
 - Coffee...I want coffee...
 - Oh...no.... Not...now...
- Humming

Building power

- Moving from humming to vowel sounds
 1. Mmmoooo
 2. Mmmaaaaahh
 3. Mmmeeeehhh
- Increase volume without straining larynx

Turning Sound into Words

- **How now brown cow**
 - Round out the vowels -- exaggerate
- **How kind of you to let me come**
 - Now add inflection and musicality
- **Whatever do you mean by that ?**
 - Now add articulation and crisp consonants

Turn Sound into Song

- **How now brown cow**
 - **To the tune of Happy Birthday to You**
- **As a nursery song**
- **As a ballad**
- **As classical opera**

Vowels carry emotion

- How kind of you to let me come
- Circle exercise
 1. You are excited
 2. You are bored
 3. First visit to an impressive home
 4. You just stepped in a puddle
 5. The last place you want to be
 6. You are the hottest STAR ...

Concerns

- **Keep throat as relaxed as possible**
- **Hydration**
- **Dealing with throat problems**

Take - home thoughts

- Enjoy the power of vowels
 - Use inflection to point important words
 - Let go of ‘ doctor – speak ’
 - Connect energy into your voice
 - Play with your ‘ outdoor voice ’
- Remember to eat the microphone ...



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Gandhi...

*You need to be the change
you want to see in the world...*

**Kobacker House
Columbus, Ohio**

