



**OhioHealth**  
BELIEVE IN WE™

## **Leadership Development Initiative (LDI) Curriculum**

---

# **Media Tip:**

**Practicing Vocal and Body  
Postures to Improve Speech**

**Media Tip: Practicing Vocal and Body Postures to Improve Speech**

**In Moore SY, Cameron-Lewis RG, Ferris FD (eds). Leadership Development Initiative Curriculum, 2014. © The Leadership Development Initiative.**

**ISBN: 978-0-9884318-0-5**

**Originally Presented by [Ron Cameron-Lewis](#)**

Permission to reproduce this Leadership Development Initiative (LDI) Curriculum module is granted for non-commercial educational purposes only, provided that the above attribution statement, copyright and ISBN are displayed.

Commercial entities presenting not-for-profit educational programs based on the LDI Curriculum must not use the LDI materials with products, images or logos from the commercial entity.

Commercial entities presenting for-profit educational programs using any part of the LDI Curriculum, must only do so with written permission from Frank D. Ferris, Director, LDI, OhioHealth.

The Leadership Development Initiative gratefully acknowledges the support of:

- International Palliative Care Initiative, Open Society Foundations, New York, NY
- National Cancer Institute Center for Global Health, Bethesda, MD
- The Diana Princess of Wales Memorial Fund, London, United Kingdom
- National Hospice and Palliative Care Organization, Alexandria, VA
- Pettus Family Foundation

The content is solely the responsibility of the authors and editors, and does not necessarily represent the official views of any of the funders.

Acknowledgment and appreciation are extended to faculty and staff of the OhioHealth and the Institute for Palliative Medicine at San Diego Hospice (which housed the International Programs and the Leadership Development Initiative from 2009 to 2012). Special thanks to the Mentors, Consultants and the LDI Team who contributed so much to the LDI Curriculum.

**Contact the LDI Team**

E-mail: [Frank.Ferris@OhioHealth.com](mailto:Frank.Ferris@OhioHealth.com)

Frank D. Ferris, MD

The Leadership Development Initiative

Kobacker House

800 McConnell Dr

Columbus, OH, USA 43214-3463

Phone: +1 (614) 533-6299

Fax: +1 (614) 533-6200

## Overview

This session continues the practical exercises to gain comfort on camera. Each participant practices the messaging material at different levels of volume, and with different emphasis, and delivery.

Playful exercises with full room participation builds confidence and comfort with the process of messaging, the material chosen in the message and the energy and tone of the message. The exercises use different modalities of speech, from prayer to dramatic singing, to stretch the participants until they found the middle ground for their on-camera tone and reflection.

## Objectives

After this presentation, participants will be able to:

1. “Play” with voice and body movements to help build confidence and comfort with the message
2. Find the ‘perfect energy’ for presentation, between whisper and singing
3. Work to trust the ‘self’ and the message

## Important Teaching Points

- Practice of the exercises brings comfort and confidence
- Loosen the physical body to help free the voice and emotion
- Build increased support and energy to vocal delivery by ‘dropping into’ the body
- Practice of an exaggerated presentation style brings a freedom and balance when the presentation is ‘live’; the pendulum tends to swing back to the middle
- Encourage participation of the entire group to diminish self-consciousness; everyone is too busy with their own work to be concerned with others

## Resources / References

Cameron, Ron. (1999). *Acting Skills for Life* (3rd ed.). Toronto, ON: Dundurn Press.