



OhioHealth

BELIEVE IN WE™

Growing Global Leaders... Advancing Palliative Care



Presentation Skills Tip

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LDI C2 RC1

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First things first

- Cultural / genetic background
- Childhood
- Adolescence
- Education
- Travel

60 – 30 – 10

60 – Physical

30 – Emotional commitment

10 – Content

Voice

- **Breathing – keeps you going**
- **Optimum pitch – natural note**
- **Resonance – build-up of sound**

Gentle beginnings

- Posture / alignment
- Deep breathing
- Focus on relaxing
 - Face
 - Jaw
 - Tongue

Turning breath into sound

- Yawn
- Vocalize the yawn
- Dive - bomb to Optimum Pitch
 - Several times
 - Relax into it
 - Coffee...I need coffee...

Humming on Optimum Pitch

- Focus on the mouth
- Focus on the throat
- Add in chest vibration
- Slowly build volume but keep larynx relaxed

Check list

- **Relaxed jaw and tongue**
 - **Dropped down**
 - **Relaxed back**
- **Closed lips : feel vibration**
- **Increase duration of breath**

Feel vibration

- In the mask of the face
- In the throat
- In the chest
 - Lower back resonance
 - Nasal resonance

Controlling Pitch ...

READ NORMALLY

Mary had a little lamb

Its fleece was white as snow

And everywhere that Mary went

The lamb was sure to go

... Controlling Pitch ...

READ ON A HIGHER PITCH

Mary had a little lamb

Its fleece was white as snow

And everywhere that Mary went

The lamb was sure to go

... Controlling Pitch ...

READ ON A HIGH PITCH

Mary had a little lamb

Its fleece was white as snow

STOP AND DO A **DIVE BOMB**

And everywhere that Mary went

The lamb was sure to go

... Controlling Pitch ...

READ ON A HIGH PITCH

Mary had a little lamb

Its fleece was white as snow

STOP – DO A **SILENT** DIVE BOMB

And everywhere that Mary went

The lamb was sure to go

... Controlling Pitch

START ON A HIGH PITCH BUT
WORK DOWN ON **OPEN VOWELS**

Mary had a little lamb

Its fleece was white as snow

And everywhere that Mary went

The lamb was sure to go

Take - home thoughts

- Find moments to connect with OP
 - Practise in the shower
 - Harmonize with songs in lower range
 - Use wasted moments every day
- Enjoy your new voice and use it in your leadership work
- Use OP for your microphone voice



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Gandhi...

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

**Kobacker House
Columbus, Ohio**

