

Harness Your Speaking Voice

Training Objectives

1. Discover your mellow and resonant voice
2. Speak with a confident and credible voice
3. Speak to be heard and respected, no more soft speaking voice
4. Speak clearly and distinctly
5. Better control your volume
6. Project your voice with ease
7. Find your best pitch range
8. Master a better speaking rate
9. Learn proper breathing techniques
10. Free yourself from vocal fatigue
11. Put more life in your voice and say goodbye to the monotone
12. Speak with authority and command

Workshop Trainer

Cynthia Zhai



---Your Voice Coach

Cynthia has been conducting training for five years. Her training experience spans Voice Skills, Public Speaking & Presentation Skills. She coaches people on Speech and Voice skills.

She has been conducting training in Singapore, Malaysia and China. She's a guest speaker at Kaplan University.

She's a member of Association of Professional Trainers – Singapore (APTS) and currently she sits in APTS Executive committee. She's also a member of Association of Professional Speakers Singapore (APSS).

She was three-time runner-up of Toastmasters Speech Contests at Area level.

Cynthia is a Master NLP Practitioner. She holds Master Degree in Business Administration and Bachelor Degree in Economics.

Training Outline

Voice Recording 1 & Critique

- ☞ Recording your voice before training
- ☞ 360 voice critique
- ☞ Voice analysis report
- ☞ Areas to work on

Vocal Aerobics

- ☞ Exercises to keep vocal muscles active
- ☞ Exercises to keep vocal muscles relaxed

Proper Breathing Techniques

- ☞ Proper breathing to support voice
- ☞ Breathing exercises

Speak with Credibility & Authority

- ☞ Find your best pitch range
- ☞ Develop your voice resonance
- ☞ Project your voice
- ☞ Better control your volume
- ☞ Take advantage of inflection & cadence

Speak with Life

- ☞ Master a better speaking rate
- ☞ Conquer that monotone

Voice Recording 2

- ☞ Record your voice after training

Training Date: 20 November 2010 (Sat)
9am – 5pm

Venue: To be further informed

To Register: Contact @ 9861-8048
or email: connecting2success@yahoo.com.sg

Investment:

\$ 528 per participant (Fee includes tea breaks & course material)

\$ 458 per participant before 01 November 2010

\$ 380 per participant for group registration
(3 participants and above; for registration at any time)

\$ 268 per participant for students (for registration at any time)

Limited seats of 10,

for more personalized attention.