

Hello, this is Cynthia, your voice coach.

In the next five minutes, you are going to learn the difference between volume and pitch; you are also going to learn how to increase your volume without ending up shouting.

What's the difference between volume and pitch? In many presentation training or public speaking training courses, it's never explained clearly.

Most of my clients are confused with volume and pitch. When being asked to increase their volume, they ended up raising their pitch.

Volume refers to the loudness or softness of your sound. It's a quantitative degree of change. Pitch refers to the highness or lowness of your sound.

To help you better understand the difference let's use the music notes to illustrate this. Don't worry. You are not going to sing. I'm going to demonstrate, so you may need to put up with my singing for a while.

We'll use 8 notes. Here they are: 1, 2, 3, 4, 5, 6, 7, 8.

Notice there are two 1s, one at the beginning, and one at the end.

Listen to that once again.

What's the difference between these two 1s? Yes, they are both 1, but in different pitch. One is low, one is high. This is the change in pitch.

If you were to say a same word in different pitches, this should be the way. For example, if you were to say the word "hello" in different pitches, it should go like this. I'll demonstrate with low pitch and then high pitch.

How about volume? Let's still use 1 as an example. With the same pitch, if I say it softly, it should be 1. If I say it loudly, it should be 1. Did you hear the difference? They are at the same pitch, but with different volume.

Let me give you another example. We still use the word "hello". I'll say it softly first, and then loudly. Did you hear the difference?

I usually use lateral and vertical change to describe them to my clients. Volume is like the lateral change, while pitch is like the vertical change.

Increasing your volume in the correct way, instead of shouting, will definitely help you command respect.

e.g. I'll say the sentence "Don't do that again." with changes in pitch and volume. If I raise my pitch, it should be:... ; if I increase my volume, it should be... In the above two cases, for which one you'll take me more seriously?

To increase your volume, you must breathe with the support of your diaphragm and use your pelvic muscle to propel your voice. To learn more about how to project your voice, join me in my upcoming workshop "Harness Your Speaking Voice" on 20 November.

Until next time, this is Cynthia, your voice coach. See you then.