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How to Improve Your Voice for Public Speaking by Nathan Brown T

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Public speaking is an art that you need to perfect with practices. However good your language may be or the points you have for presenting, you cannot become successful unless you match it with good voice. Good voice may be natural to some people, but do not despair if you havenâ€™t one in you. Voice quality can be improved much beyond what you may have imagined. A good voice is not only a great asset for public speaking but it is equally great when you speak on Xfinity Voice phones. They help to communicate in very clearly terms when you use the phone as you main communication tool. Generally good health, exercise and proper diet can give you a nice voice that you can be proud about, but more important is how they will help you become a good singer or a public speaker. Voice is money for many people literally.

Here are some tips to get a great voice:

a.Speaking through the diaphragm is very important to get a rich deep voice. That means you will also have to improve you lung capacity. The larger your lung capacity the more you can inhale and exhale. To build powerful lungs you need to have a generally good health and be free from throat infections or disease that inflict your ear, nose and throat. The three organs that have a profound effect on your voice. One of the exercises that you do is lay on your back, put your hands to your sides and pull in as much air as you can, hold it for 40 or more seconds and exhale slowly. Repeat at least 20 times in the morning on an empty stomach every day. You will be amazed by the results you will soon see.

b.Rising and dropping the pitch of your voice can be really helpful for getting a good voice. Lower pitches are generally pleasant to hear, but remember that a speech delivered entirely in low pitch is hard to comprehend for the audience. Raise it as often as you can when you need to emphasis a point, but return back to normal at the earliest. High pitches are unsustainable and should not be attempted either. Try this technique only after you have practiced it in private. There is every chance of faltering and sounding clownish, so practice daily after the breathing exercise to become more comfortable.

c.How fast you deliver your speech is important for the audience. If you delivery too slowly the audience will lose interest, and if you do the contrary, deliver too fast, then the listeners will lose track of your speech. The trick is getting comfortable with a pace that will balance these two extreme ends. The best way to test your deliver speed is to run a record version of a previous speech or prepare one in privacy. If you can find some people who hear your speech and give you their critical opinion then your path to stardom can be faster and surer.

d.Give a pause to your speech occasionally commensurate with what you are delivering. That is the time for your audience to rerun your speech briefly. And while they do the rerun give them good eye contact. Eye contact for your audience is what icing is to cakes. The more appropriate and direct the better will be the reaction from your audience. Finally your appearance and posture is very important. Standing straight and tall will let your lungs pull in more air and give you a good voice. Constricted lungs will make your voice frail and even inaudible. Donâ€™t stand stiff. Vary your posture once in a while, donâ€™t make exaggerated movements with your hands; they all contribute to distraction, and distracted audiences can discourage you from give out the best in you.

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Nathan Brown is a freelance writer. Watching TV channels is one of his favorite, especially those that are informative like the one he got from a Xfinity Voice recently.

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