



The ECHO™ – Your Weekly Presentation Tip

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Help For High-Pitched Voices

Speakers with high-pitched voices frequently report that they are not taken seriously because they sound shrill, timid, or not confident. Here are three things you can do to soften and add resonance to your voice:

- **Breathe** - the more air you expel as you speak, the richer your voice will sound
- **Listen** - to yourself as you speak. If you hear your voice rising higher and higher, slow down.
- **Relax** - tension in the throat causes already tense vocal cords to tighten further, which gives a “quiver” to your voice and raises the pitch even higher.

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