

PUBLIC SPEAKING warm up



Corporate Speech
Solutions



Warm up to Take Your Public Speaking to the Next Level!

A clear, confident voice is essential to a successful presentation. Use the following warm up exercises and vocal hygiene tips to ensure a strong, dynamic voice your audience will remember.

1. Start with proper breathing. Breathe in deeply from your abdomen, not your chest. This is called diaphragmatic breathing and will help increase your breath support and overall vocal power.
2. Now take a breath and exhale. Inhale again and count to ten on the exhalation. Try to let your breath out evenly so your voice remains strong throughout. Each time you do this warm-up, increase your exhale number by a few digits to gradually increase your breath support and control.
3. Do lip flutters (raspberries) on a range of tones, going from high to low and back again. You can also use tongue trills, and alternate between the two.
4. Take another deep breath from your diaphragm, and exhale on “ah.” Hold this for as long as you can while maintaining a strong clear sound without straining. Make your goal at least 20 seconds.
5. Take a deep breath again, and count to 10, producing the word me between each number (i.e., “me 1 me 2 me 3 me 4 me 5 me 6.....”).
6. Do pitch raises...ah, ah, ah going higher for each note. Hold the last note for three seconds. Repeat three times.
7. Drink plenty of water; well-hydrated vocal cords are essential to a strong voice!
8. Avoid foods that can dry you out or negatively impact your vocal quality. This include dairy products, oily foods like mayonnaise, and products containing menthol, like cough drops.



Are you looking for more help? Check out our free e-book on communicating with clarity & confidence. You can also check us out at www.corporatespeechsolutions.com

[LEARN MORE >](#)