

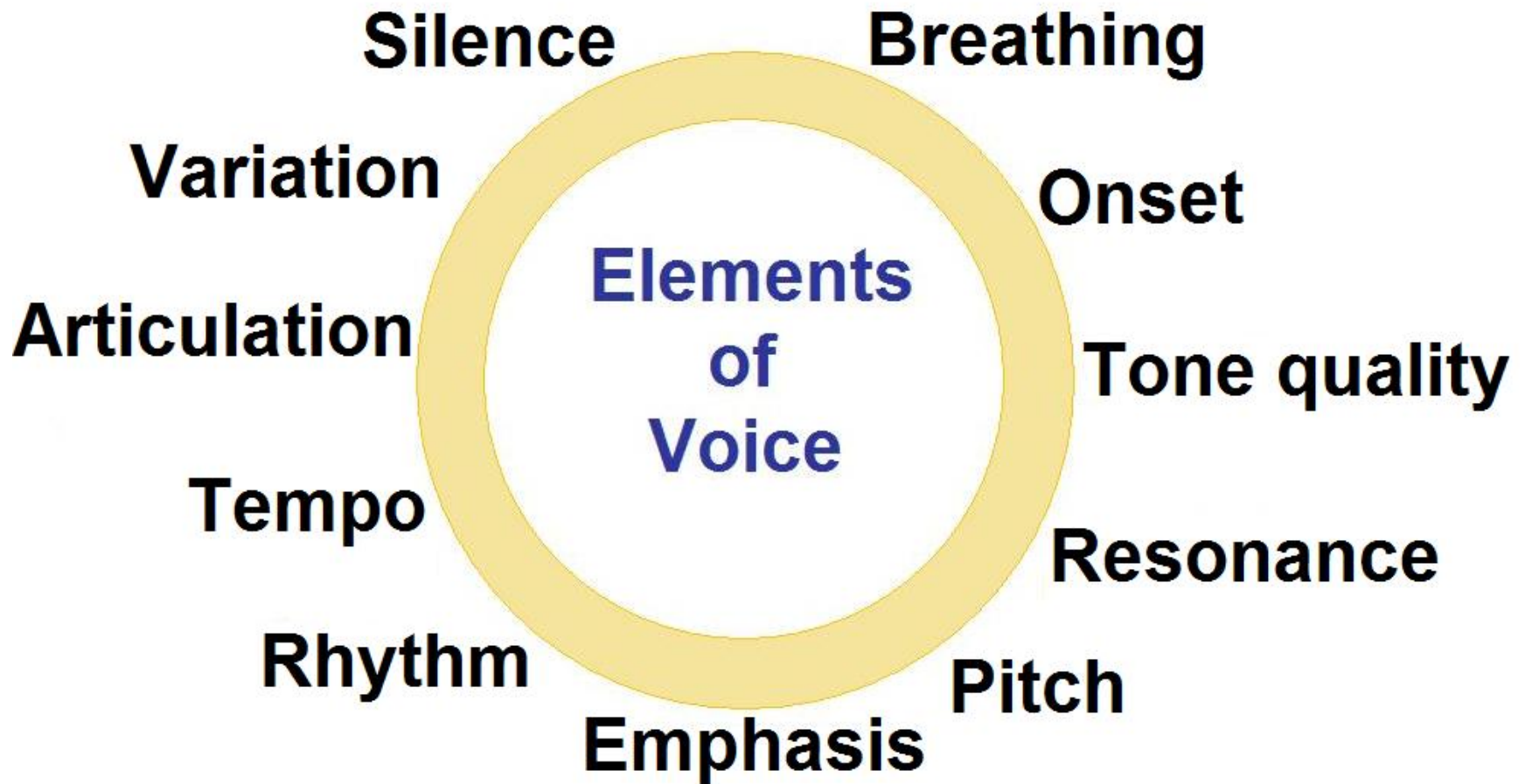


Voice of Influence

Session with **Judy Apps**

www.voiceofinfluence.co.uk

24 September 2010



Voice Basics

Air - means you need to breathe

Voice Basics

Air - means you need to **breathe**

Vibration - only happens if you **relax**

Voice Basics

Air - means you need to breathe

Vibration - only happens if you relax

Resonance - meaning, emotion

Voice Basics

Air - means you need to **breathe**

Vibration - only happens if you **relax**

Resonance -meaning, **emotion**

Articulation –clarity, **understanding**

Head

**Excitement, enthusiasm,
carrying power**

Chest

Cognitive truth, confidence, authority

Head Voice **Excitement, enthusiasm, carrying power**

Heart

Emotional truth, feeling

Head Voice Excitement, enthusiasm, carrying power
Chest Voice Cognitive truth, confidence, authority

Gut

**Fundamental truth, instinct,
deep knowing**

Head Voice	Excitement, enthusiasm, carrying power
Chest Voice	Cognitive truth, confidence, authority
Heart Voice	Emotional truth, feeling

Throat

Permission to express yourself

Head Voice	Excitement, enthusiasm, carrying power
Chest Voice	Cognitive truth, confidence, authority
Heart Voice	Emotional truth, feeling
Gut Voice	Fundamental truth, instinct, deep knowing

Resonance

- how sound becomes meaning

Head	Excitement, enthusiasm, carrying power
Throat	Permission to express yourself
Chest	Cognitive truth, confidence, authority
Heart	Emotional truth, feeling
Gut	Fundamental truth, instinct, deep knowing

Emphasis

In English the **imp**ortant words are
emphasized.

The **rest** fade into the
background.

Judy's Book

Voice of Influence

- how to get people to love to listen to you
Crown House Publishing

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