

The 10 Most Frequently Asked Questions About Your Voice Problems

1. Why do I get a sore throat after I talk awhile?
Tension in the throat and shoulder areas can cause your throat to get sore. You must relax the chin, lips, neck and shoulder muscles to give more flexibility to your voice when you speak.
2. How can I keep from getting interrupted?
When you speak on the “exhale” of breath, you create an “energy field” that is difficult to break. When you speak, keep the vocal energy flowing at an even pace and with adequate volume. Don’t stop talking if someone butts in. This will decrease the chances of interruption.
3. What can I do to increase volume?
Breathe deeper and speak on the exhale of breath. Let the sounds flow from the diaphragm, not the chest.
4. Why does my voice “fade out” after I talk awhile?
Possibly it’s nerves, but more likely you are not breathing correctly. You need to breathe deeply from the diaphragm and then keep the breath flowing until you have finished a phrase. If you feel your voice “fading” breathe again and use that energy to support the sounds.
5. What can I do about “stage fright”?
Practice, practice, practice. When you rehearse a speech, create an audience of dolls, dogs, cats, friends, magazine covers. When you “perform” *feel good, feel happy*. This feeling good has a strong impact on your performance when you face the audience. Remember, the audience is friendly; they are on your side!
6. How can I get my ideas across at meetings?
Don’t smile; speak in *facts*. Breathe deeply before you talk. Speak with adequate volume and flow of energy. Keep your talk to a minimum; don’t drone on and on; people will surely drop out mentally or interrupt you if you bore them. Keep your voice “alive” with energy as you talk.
7. When I talk, why don’t people take me seriously?
Sometimes people talk in a “whine,” low volume, too many complaints or the sounds are too “nice”. Breathe deeply and speak on the exhale of air. Speak in a lower-pitched voice for credibility and adequate volume. Don’t smile; that decreases your chances of being taken seriously.
8. I don’t like the way my voice sounds; how can I change it?
This is a common complaint, and, usually, the voice is just fine! But, to find a voice you like better, practice reading fairy tales into a recording machine. Play all the parts in the story; be the witch, be the hero, be the

big bear and speak in “their” voices. Then, play the stories back and see how many voices you actually have to choose from. Have fun with your voice; enjoy yourself!

9. I don't like how I sound on my message machine; can I improve that?

When you speak on a machine, the fidelity is very poor. So don't judge your voice by the quality of the machine. However, you can improve on the sound by *slowing down*, open your mouth wider to allow the sounds to flow freely and speak in a lower pitch. This technique will give a pleasant, yet, professional sound.

10. As a woman, how can I be a manager and not sound “bossy”?

First, keep in mind that some people will perceive a woman supervisor as “bossy” no matter what she does. Don't smile as that will distort your voice. Look pleasant; when possible use the inclusive term “we”. Try to speak in a lower pitch and speak in *facts*, not opinions. Stand your ground, but be sure you are standing on *facts* when you are the manager.

[For in depth information on the sound of your voice, review my textbooks at this site.](#)