

General Vocal Complaints of Men

These are complaints that my male students have told me they are concerned about.

1. I talk too fast.

Yes, all too often men do talk too fast. This is for two reasons:

A. Men have an incredible amount of energy – most of the time they cannot sit or stand still. They talk fast because their engines are racing; they have to get somewhere in a big hurry.

However, men of consequence do not talk fast. Listen to men in public service, the top dogs in the corporations, none of them talk fast; they don't need to. Talking fast can be a sign of hysteria, of anxiety or desperation. To be more effective, slow down, talk on the exhale of breath and use energy to hold attention and respect when you talk.

B. The second reason men talk too fast is because they are highly competitive. If you are really good, why “compete”? See paragraph 2 above and relax to be more effective.

2. The second complaint is “I talk in a monotone”. No, this is not true. However, all too often, men do speak in a flat, uninteresting style. It seems that culturally some men believe that if they speak with “animation” they will sound effeminate. No, you won't; you will sound interesting. Try speaking with more “music” in your voice and people will attend to you more.

[For more in depth information check out the textbooks at the website.](#)