

General Vocal Complaints of Women

1. People think I am a little girl when I speak.
Yes, this happens often. You need to lower your pitch and speak in “statements”, not “questions” to be taken seriously.
2. I get interrupted a lot.
This happens when you don’t speak on the exhale of breath. You need to breathe deeply, speak with volume and talk through interruptions.
3. People say I sound angry when I talk.
Ask a good friend if you talk too loudly, or, better yet, ask someone who doesn’t know you very well, they will tell you the truth. You may need to turn down the volume. Also, tape yourself talking on the phone and when you playback, listen to how you’re coming across. You can modify some negative sounds.
4. If I lower my pitch will I sound like a man?
No. It is *very* rare that a woman sounds like a man. With a lower pitched voice, you will sound more credible and competent as well as pleasant in your interaction.

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