



AOV's Signature Programme – revamped version 2012

The Voice Spa™ : Voice & Speech Confidence

- 2 days – 9am to 4.30pm
- **Experience how thousands have transformed themselves since 2005!**
- Includes **Assessment & Personalized one-to-one Coaching** on **Individual Speech Patterns and Habits** that may help or hinder the individuals **Vocal Impact & Impression.**

Workshop Outline:

Day 1

Speaking Well is A Life Skill NOT a Soft Skill

Learn how your **Voice & Speech** impacts your **Personal & Professional Impression.**

Learn how individual **Speech Habits and Patterns** are formed and **can be changed.**

Learn the **5 Secrets to Voice and Speech Power.**

Learn **How Voice Works** and how to release **Vocal Tension & Manage Your Nerves.**

Learn **Diaphragmatic Breathing Techniques** for vocal strength & minimize strain.

Make Them Pay Attention

Learn the **Top 5 Negative Speech Habits** that must be **Eliminated Forever.**

Learn to control your **Speed of Delivery** and **Develop a Good Rhythm.**

Learn to use **Simple Tips to “Colour” Your Voice** & make your speech engaging.

Learn **Secrets Professional Broadcasters** never told you!

Learn **Vocal Care & Hygiene Tips** to help your Voice last a lifetime.

Day 2

Being Powerful & Clear with Ease

Learn **Proper Techniques** for a quick & easy breath intake for **Presentations or Speeches.**

Learn how to **Identify Individual Strengths & Weaknesses** by recording your Voice.

Learn to loosen abdominal tension for a **Relaxed & Confident delivery.**

Learn to **Develop Resonance/Timbre** for a centred, warm & strong voice.

Learn to correct the **Top 3 Articulation Problems** to **Speak Clearly.**

Bringing it ALL Together!

Learn how to **Invigorate Speech Muscles** and increase jaw flexibility for **Clarity.**

Learn to identify and **Address Articulation Issues** that result in indistinct speech.

Learn to activate and **Engage Articulators** with **Proper Placement for Clear Speech.**

Learn the **4 Powerful Elements of Inflection** that result in dynamic delivery.

Learn how to bring all the elements of **Inflection** for **Confident, Impactful Communication!**

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“Unlock Your Hidden Voice™”