



Empower Your Authentic Voice
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- Is your voice ignored in professional settings?
- Do you feel your voice doesn't carry the gravitas that your intelligence deserves?
- Does speaking in front of a room full of people cause you anxiety?
- Have you been told you come across as "bossy?"
- Are you reluctant to speak your mind for fear of losing friends?

Women in the United States are finally coming into their own! More women today than ever run cities, states, companies and countries. At this writing, however, there are still only 53 women who are CEOs of Fortune 500 corporations. There are 25 female Senators in DC, 125 women in the US House of Representatives. While many of us aspire to high levels of success and leadership, parity is still a long way off. We, all too often, feel our voices are not heard, brushed aside, and stifled. *Empower Your Authentic Voice* lays out a path to reclaiming the authentic voice we were born with. We can overcome years of self-defeating vocal usage habits to find a voice that conveys confidence, presence, and authentic power. This process shows women how to express their thoughts in a completely new way – power without press!

There are many books and seminars for women on various issues concerning women's professional challenges, all encouraging us to speak up, own our power, lean in, push back, take our place, take our seat, have confidence and have presence. But the question remains: How exactly does a woman do this? How does a woman overcome years of habitual ways of thinking and behaving, to find a clear, strong voice that conveys confidence, presence and authentic power?

Empower Your Authentic Voice consists of sequential exercises that work on our body's muscle memory to actually learn to speak in a new and more effective ways.

Before we look at how to empower your voice, let me share a little of **my journey**:

Let's take a look first at **how many of us have lost our authentic voice**:

Social acculturation. Picture an elementary school playground...

Bluff vs Denial

How alignment gives us power and confidence or denies our power and confidence

Three Truths:

1. The minute you open your mouth, people form judgements about you
 - a. Voice experiment
2. It is not what you say that matters, it is how you say it
3. You don't have to be stuck with the voice you think you were born with
 - Releasing habitual tensions & finding natural alignment
 - Breathing deeply and centrally, which powers the voice and manages performance anxiety
 - Making space for sound; your mouth is your megaphone
 - Authentic confidence and presence

Read sample speech as a pretest "My voice before Rena intervention"

I speak today because I deserve to be heard.

I speak today because I have something meaningful to share.

I love my family deeply. I care about my community. I care about our world. And I have gifts, skills and opinions that matter.

I will advocate for the people I love, and the issues that matter most to me.

I will not let fear stop me.

Each day I will stand up taller, breath more deeply, and speak my truth boldly.

Because I am worth it.

Because I can change the world!

Taming Performance Anxiety

What it is: fight/flight; autonomic nervous system, anxiety chemicals

3 step process

1. Release habitual physical tension
2. Slow deep breathing
3. Control negative mental messaging

Importance of a warm up

Breath to Power the Voice

Breath is voice

Straws/balloons

Connecting to natural rhythm of your breath

Read speech, breathing at punctuation

Read sample speech for breath and alignment

Your mouth is your megaphone

Jaw, tongue, soft palate, lips

Spacer

Read the speech

Articulation

Every part of every word

Read the speech

Inflection that communicates meaning

Eee siren

1-10 shoot for the middle

Read speech

Presentation tips:

Find your feet

Connect to your breath

Say your name slowly and clearly

Say the name of your company as if it is the best company in the world

Don't fall off at the end of sentences

Use nouns and verbs to get the audience to feel what you want them to feel

Make eye contact

Read again with conviction, from the heart

Stand tall, breathe deeply and speak your truth boldly and the world will hear.