

How Leaders Say It

. . . "THE BIG THREE" . . .

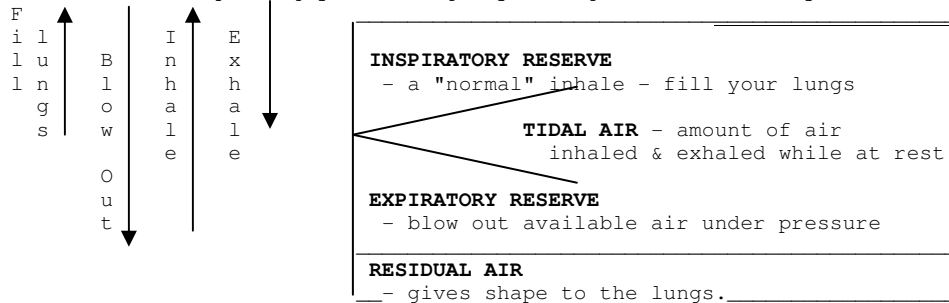
I. **GOOD POSTURE** involves the following six steps:

- 1 Unlock knees 3 Tuck tummy 5 Shoulders back and down
- 2 Level pelvis 4 Raise rib cage 6 Head on top

Credibility is increased when a straight line from ear to shoulder to hip to foot results. Do not raise your shoulders when you take an inhale. Do not do "neck pulls".

II. **CLEANSING BREATH** - Use good posture, inhale through your nose, fill your lungs, then blow out through your mouth to forcefully empty your lungs under pressure, encouraging O₂/CO₂ exchange in the alveoli in the membrane in your lungs.

When you inhale, keep the tummy firm, shoulders back & down and work at expanding your ribcage by moving the ribs sideways.



III. RELAXED NECK & SHOULDER MUSCLES

While Using Good Posture and Good Breath Support Means You Will:

Look Better - stronger, more in charge, capable of accomplishing, display **confidence**

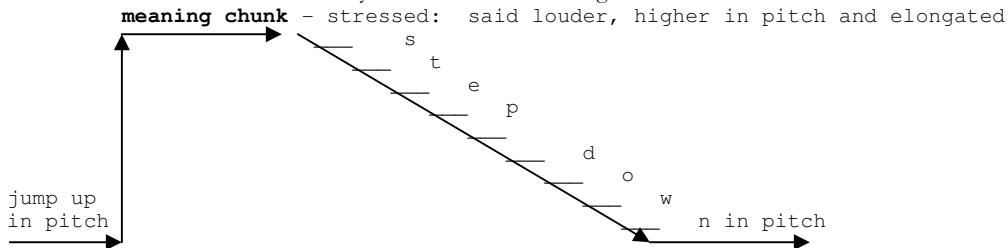
Sound Better - control over Br/Te, Fl/Th with more pitch variety available, **credible**

Feel Better - stronger **self-concept** with awareness of being in control & believable

Make the commitment to...

Practice using good posture, relaxed neck & shoulder muscles and deep cleansing breaths two to five minutes every hour, for every hour you are awake, for the rest of your life.

Pitch Pattern- Use lots of Pitch Variety – sound more interesting.



AVOID: pitch going up in pitch on the ends of words & sentences makes one sound uncertain

like one is whining

makes one sound irritating

Helpful Hints: Use **Entertainer's Secret** as a nasal and oral cavity moisturizer. The Aloe Vera contained helps soothe swollen and irritated membranes to make breathing and speaking easier. Use it before, during and after plane flights and before presentations. www.entertainers-secret.com

Avoid consuming alcohol, dairy products (milk, cheese, ice cream), chocolate and sweeteners in carbonated drinks before making a presentation. These products tend to directly affect moisture consistency in the vocal mechanism of many speakers.

TheBREATHSystem.com 615-890-2189 Dr. Hillman wants to be your voice coach.

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