

# 10 IMPORTANT FACTS YOU SHOULD KNOW ABOUT YOUR VOICE

by Joni Wilson

The voice is the thing we humans use to communicate with each other. We can voice the same words in different combinations and create amazing poetry, song lyrics or one line zingers. A few badly chosen words in the wrong combination can start a war, while a few well-chosen words masterfully woven together can bring peace. Words can be as sharp as a sword and wound just as deeply and yet sometimes saying just one word can make the heart leap for joy and change a life.

As speakers a good voice is vital to the ears that hear our brilliant, well chosen words. Here are 10 basic facts every speaker should know about the voice. Drill them *deep into your brain* until they become part of your belief system because... ***The voice has no brain of it's own and only believes what you believe!***

***Fact Number one:*** No *quick vocal fix* is ever a substitute for good voice technique.

***Fact Number two:*** Never whisper if you are losing your voice. The whispering effect will further damage the cords. Use a pad and write notes if you have to communicate.

***Fact Number three:*** Excessive heat and air-conditioning affect the voice by dehydrating the vocal cords. Turn them both OFF when you are sleeping, especially when traveling.

***Fact Number four:*** If anyone tells you, "Voice rest will solve your vocal problems." don't believe them! Vocal problems are caused by overuse and abuse of the vocal cords. You can rest them, but if you do not learn how to use them correctly, the problem will always return!

***Fact Number five:*** If you catch a cold and have to use your voice, do not take decongestants. Their job is to dry up mucous no matter where it lives in the body. Your vocal cords live in mucous. If you dry it up, the voice will sound rough and scratchy.

***Fact Number six:*** Do not clear your throat with a vengeance. Excessive throat clearing is a habit. The more you try to clear it, the more mucous will be created to protect your vocal cords. It is a never ending battle and you can not win it. Try sipping water to move the larynx into a lowered relax position.

***Fact Number seven:*** Never use cough drops with menthol if you are speaking. The cooling factor in menthol will freeze the cords. You want them warm and *plumped*, not cold and *shrunk*.

***Fact Number eight:*** A weak voice is only the *effect*. To strengthen it, you must find the *cause*.

***Fact Number nine:*** The vocal cords work like valves and need a strong supply of compressed air to perform their magic! Keep pumping that air.

***Fact Number ten:*** The voice is acoustic and needs space. For your words to be heard in the back of the room your mouth must be OPEN!

Word count 477

## Meet National Speakers Association San Diego board secretary Joni Wilson.

Joni is an internationally know voice expert and performance coach and the author of two books. Her students are business executives and entertainment professionals who enthusiastically praise her amazing ***3-Dimensional Voice Technique™***. She is a professional singer/entertainer who has hosted a TV talk show, performed stand-up comedy, owned and operated a dinner theater and between speaking engagements, sings and records with a swinging Big Band. Joni brings to the platform the expertise of a master voice trainer and teaches with the wit and humor of a seasoned entertainer.

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***Joni Wilson is an internationally known voice and performance coach, professional speaker, author of the 3-Dimensional Voice series, singer/entertainer, and National Speakers Association San Diego board member.***

***Visit [www.joniwilsonvoice.com](http://www.joniwilsonvoice.com) for more tips on voice.***

