



Di Riddell

Your Voice Matters - Confidence Over 50

10 Voice Tips to Create Attraction

1. Speak Up, stand up and allow yourself to shine
2. Practice different rates of speaking, make it fun
3. Think kindly then speak with kindness
4. Tone - make it pleasant, record yourself & listen
5. Remember to breathe deeply
6. Slow down - allow people to take in what you say
7. Be respectful in what you say and how you say it
8. Smile it will be warmly reflected in your speech
9. Develop your own toolkit of vocal exercises
10. Seek a coach/mentor

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7 Top Voice Tips for Speaking

1. Warm up your voice, laugh, sing, get excited
2. Avoid hot or cold liquids drink luke warm fluids and stay hydrated
3. Practice and record yourself, join a challenge
4. Develop your own toolkit of vocal exercises
5. Enunciate clearly, your audience will love you
6. Smile (it can be heard) and breathe deeply
7. Seek a coach/mentor

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