

# WHAT IS VOCAL VARIETY?

Vocal variety is a communications skill that enables the speaker to engage the listener by using different speeds and tones while talking. When our speech pattern contains vocal variety, it is more interesting to listen to and the words we are saying are enhanced in their meaning. Like chili with just the right amount of spice, vocal variety adds some kick to the way you talk.

Most people lean on a handful of notes in their speech pattern. To break this habit, experiment with notes that are above and below your normal range of speaking. In other words: go outside your comfort zone and expand your vocal range. This is how great speakers are born!

Vocal variety is the opposite of monotone which is when the pitch of your voice rarely changes. It's like singing the same note over and over. It's boring and it's tiresome to listen to.

**Here are 5 quick reminders as you begin to discover vocal variety in your speaking voice:**

## #1 Know Your Audience:

Ask yourself the question: who am I talking to and why should they care?  
The answer to this basic question will dictate the tone of your voice.

## #2 Vocal Tone:

The tone of your voice should always match the meaning of the words you are saying. In other words: say it like you mean it! Create a mind/body connection between the tone of your voice and your body language to heighten your ability to bring your message home, ie: posture, own your space, gesturing, eye contact, facial expressions.

## #3 Phrasing:

Take a cue from the greatest singers of all time. Listen to the way they group words together to form phrases, how they pause for emphasis, and how they change their rate of speed while singing. This is called phrasing and it is a big part of vocal variety.

## #4: Deeper voices = power & high voices = shrill

If you want to command the room, you need a powerful voice and deeper voices have testosterone and testosterone = power. To deepen your vocal tone, stand up, and speak from your feet. Visualize your voice coming from your feet. Women with high pitched voices will increase their presence immediately by adding some lower notes to their range.

## #5 Children's books demand vocal variety!

The best way to get started learning vocal variety is by reading children's books out loud. Take on the personality of the characters, switch up your voice and explore new notes in your speaking range.