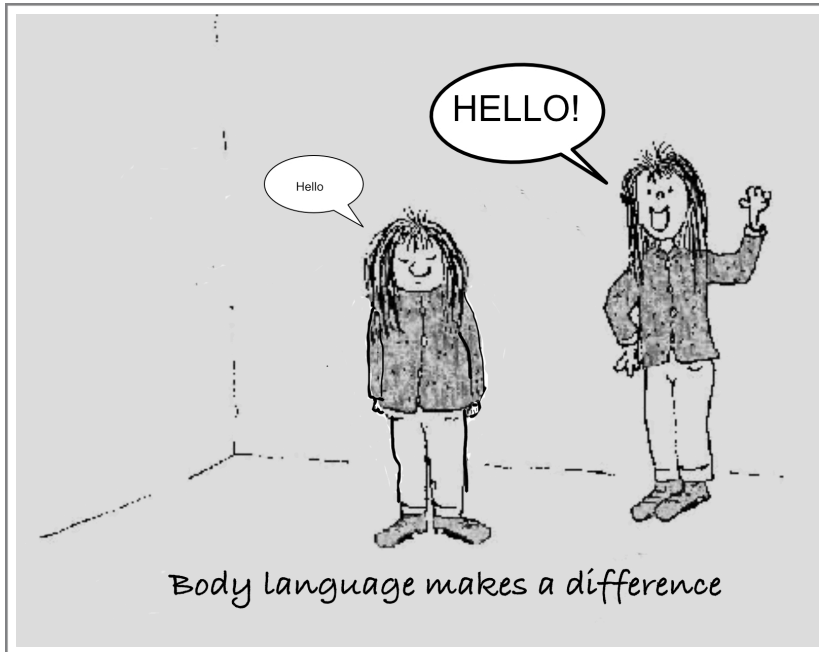


## **VOICE**class with Liz

The workshop aims to turn all participants into more confident speakers than they currently are. Among its objectives are helping participants to identify what they want to be able to do with the most powerful communicative tool- the voice- and helping them to achieve their goals.

Until we get used to it, speaking in public is frightening for most of us. It involves using space well, recognising boundaries and making sure that from the first moment you speak, others are drawn to listen.



In this workshop we will first briefly examine what we find hard about speaking in public, why nervousness is experienced by most of us and how we can learn to overcome it. What do YOU want to be able to do with your "public" voice?

We will move on to:  
vocal and relaxation exercises -resonance voicing exercises with Shakespeare and poetry learning how to recognise what happens when we speak and how best to project our voices without sounding as though we're shouting or shaking - particularly important in performance and teaching.

remembering the part that body language plays in communication: how to look confident and relaxed even when we aren't.

And finally - a little speech of your own.

if you would like to join this workshop, please write to me at [liz.macgarvey2@gmail.com](mailto:liz.macgarvey2@gmail.com), telling me a little about why you want to join this class and what you would like to get out of it. Or just come and join in-I think you will enjoy it.