

Speaking Class: ICWF 2023
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We are always aiming for second circle clear, efficient, and effortless speech. As Patsy Rodenburg states, 'speech muscles clarify the sound of your voice into words. Thus carving reason into the emotion of your voice.'

Muscle workout

- Massage your face and gently open the jaw
- Smile
- Move your tongue around your mouth – teeth, hard palate
- Sound moves forward with breath – practice a supported hum, lip trills, tongue trills
- Accent Breathing: voiceless consonants – s, sh, f, voiced consonants – z,v,dz
- Ma, me, mi, mo, moo
- Vi, va, ve, vo, voo
- Bogabilla, Rallarina, Doranori
- Yawn sigh
- Voiced sigh

Practice Words

- Speak to the end of a word.
- Speak all syllables in multisyllabic words with appropriate stressed and unstressed syllables.
- Practice the following words – transformation, abundance, gratitude, dangerous, aptitude, coherent, community, explanation, interrogation, happenstance, physiology, Transparent, neuroscience.

Connect to the full power and meaning of the word

- Know what you want to say and say it
- Observe if you take words for granted
- Do you understand every word?
- Use your visual imagination to 'see' the word in your mind's eye.

Pace

- 'You can speak as fast as you can make the words in your mouth and be present with their meaning as you speak them.' PR
- Are you present with the words or just reading them?
- What is the emotion behind each word
- Are you telling your story in the present moment with expression?

- You can pace yourself appropriately If you are fully connected in second circle with the breath and words accurately articulated.
- Additionally, use your imagination and connect to your emotions
- Rushing is boring; it switches people off
- Plodding at a snail's pace indicates to the audience that they can't follow
- Pausing is effective and powerful if it has active intention

Rhythm

- 'Rhythm is the music and beat of communication'
- Follow your heartbeat – de dum, de dum, de dum – 'hello'

Clarifying communication

- Correct and clear pronunciation
- Specific meaning
- Emotional connection

Exercise: Using stressed and unstressed syllables

- 'Today' – De-dum 'Tomorrow' – 'ter- morrow'
- 'Today my mother is coming here for dinner' – notice how the sentence's meaning can change as you change the stress on a particular word.

Structure

- What is your narrative and emotional intent
- Structure your journey with a roadmap
- Decide where you are going and personalize your journey
- Imagine pitfalls and have a recovery plan

Exercise: Speak 'A New Flute'

- What is the journey and the emotional weight of the story
- Decide rhythm, pace,
- Where are your stressed and unstressed syllables and words based on your emotional intent?
- Use your imagination - visualize the story in your mind's eye.
- Mouth your paragraph The muscles will become educated to make the sounds.
- Speak the words in the New Flute.
- Vowels hold the emotional content to a word and must be fed with air and support.
- Consonants give clarity and support the intention of the vowel.
- Enjoy your voice as a beautiful source of communication!