

Opening Your Full Voice:

A Practical and Transformational Approach to More Authentic, Clear, and Joyful Communication

2017 International Relationship Based Care Symposium



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Full Voice Institute
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When you were born, you cried
And the world rejoiced.
Live your life so that
when you die,
The world cries and you rejoice.

Music: Jody Healy
Lyrics: Kabir



Most people go to their graves with their music still inside them.

Oliver Wendell Holmes



Voice, vocation, advocate

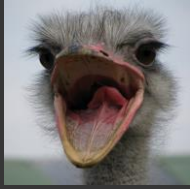


Voice, vocation, advocate

Vocare – to call, invoke, or name

Today's vocal adventure....

- *Discover the Five Elements Framework™, a tool for unleashing the power in the voice*
- *Sample five distinct sounds in your voice*
- *Learn real life applications for each sound*
- *Explore ways to continue practicing*



What is your story
about your voice?

The Five Elements Framework™



a tool for unleashing
the power in your
voice.

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You have a
choice
about your
voice.



Take your voice to the dog park!

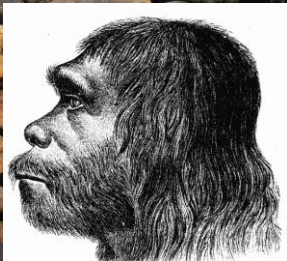
Exploring the Five Elements Framework™



- Character that exaggerates it
- Real life applications
- Famous examples

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The Earth Voice



Earth Voice Applications



Authority
Grounding

Earth Voices

Darth Vader, Scarlett Johansson, Leonard Cohen, Arnold Schwarzenegger, Maya Angelou



The Fire Voice




Fire Voice Applications




Passion
Personal Power

Fire Voices

Dr. Martin Luther King, Jr., Bonnie Raitt,
Mick Jagger, Tina Turner, Michael Buble'



The Water Voice



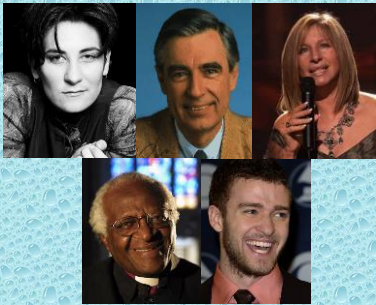
Water Voice Application



Anything your heart has to say
– caring,
affirmation,
apology....

Water Voices

k.d. lang, Fred Rogers, Barbra Streisand, Archbishop
Desmond Tutu, Justin Timberlake



The Metal Voice



Metal Voice Application



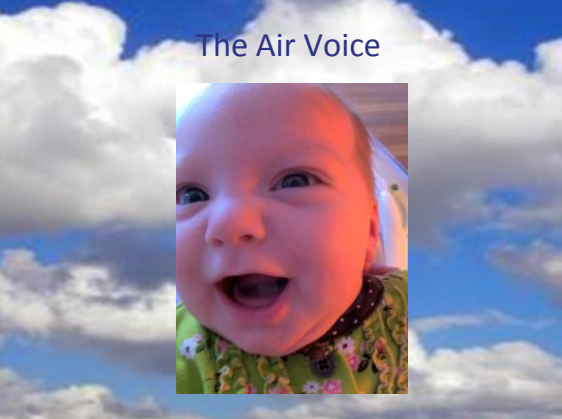
Amplification

Metal Voices


Willie Nelson, The Wicked Witch of the West, Bob Dylan, Dolly Parton, Rufus Wainwright



The Air Voice



Air Voice Applications




Possibility

Storytelling

Air Voices

Pharrell Williams, Taylor Swift, Smoky Robinson, The BeeGees, Joni Mitchell








The Five Elements Framework™

- Earth: authority, grounding
- Fire: passion, personal power
- Water: speaking from the heart
- Metal: amplification
- Air: possibility, storytelling

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You have a
choice
 about your
voice.



Communicate with
 more people about
 more things
 more effectively.

Five Ways to Practice

#1 Notice how you shift your voice in different situations

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 #2 Use the Five Elements to enhance your message

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- #3 Listen to others through the lens of the Five Elements

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- #4 **Sing!**

Five Ways to Practice

- #1 Notice how you shift your voice in different situations
- #2 Use the Five Elements to enhance your message
- #3 Listen to others through the lens of the Five Elements
- #4 **Sing!**
- #5 Visit www.fullvoice.net to access practice videos
and/or watch my TEDx talk

References

Karpf, Anne. *The Human Voice: How This Extraordinary Instrument Reveals Essential Clues About Who We Are*. New York: Bloomsbury Publishing, 2006.

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