Opening Your Full Voice:
A Practical and Transformational Approach to More Authentic, Clear, and Joyful Communication

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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

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.

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

The Earth 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

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
To free the voice is to free the person.

Kristin Linklater

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

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

#2 Use the Five Elements to enhance your message
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


May you dwell in the spirit of

YES

www.barbaramcafee.com
www.fullvoice.net