Finding Your Authentic Voice

Learn and practice ways to effectively communicate personal story in your own voice

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Finding Your Authentic Voice
Objectives

In this communications workshop you will:

• Explore unique aspects of your own voice (passions, beliefs, values, habits, blockers)

• Learn how to prepare and practice communicating and connecting, in your own voice to a specific audience in a specific circumstance.

• Conduct an analysis of your audience through questioning

• Explore how breath, body, image and story are central to communicating effectively with audiences
The Voice
Passions
Beliefs
Values
Lived Experiences
Body
Breath
Tension
Key Practices To Open Your Voice

- Slow Down
- Practice Compassion
- Listen Hard
- Don’t apologize
- Take Risks/Make Mistakes
- Let go
- Breathe
1. First conversation with a mentor
2. Job Interview
3. Networking Event
AUDIENCE ANALYSIS

Who is your listener/audience?

What do you know about this person?

What is your relationship to this person?

What more do you want to know about this person?

What do you want your audience thinking and feeling when he/she/they walk away?

What are the given circumstances in which you are communicating?
Building the Foundation of the FIRST 1-2 Minutes

Answer the questions below to build your CONTENT

**JOB INTERVIEW**
- Tell me about yourself.
- What are you doing now?
- What drives you?
- What do you see yourself doing after NYU?
- How will you get there?

**FIRST CONVERSATION WITH PROSPECTIVE MENTOR:**
- Who are you?
- What are you interested in?
- Why me?

**NETWORKING EVENT**
- Who are you?
- What are you doing now?
- What are you interested in? Why?
Make the Strongest Choice for Your Audience

WHAT DO YOU REALLY WANT TO SAY?

WHAT DO YOU THINK YOU HAVE TO SAY?

WHAT DOES YOUR AUDIENCE WANT TO HEAR?

WHAT DO YOU THINK YOU SHOULD SAY?
THE DELIVERY PRACTICE

The Listener

The Speaker
The Practice Exercise

• State your audience to your partner
• Select your content
• Receive your objective/direction
• Speaker will have 1 minute of timed speaking practice to meet your objective with your audience
• Listener gives structured feedback – 30 seconds
The Practice Objectives

Keep it *simple*

Plant *images* in your mind and in the mind of your listener

Start with *a story*

Say what you really wanna say

Lead with your *values and beliefs*

Make an *emotional connection*

Let your *curiosity* lead the way

Get to the *heart of the matter*

Show your *vulnerability*

Make a *strong choice*
Closing Whole Group