

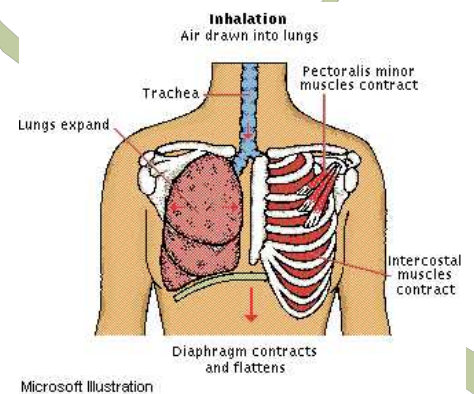
## What is Vocal Intelligence

Vocal Intelligence is a multi-disciplinary field that focuses on our breath, laryngeal and physical postures and the impact these have on our ability to influence, relate, communicate and lead.

Our ability to appropriately express empathy, authority, clarity, confidence and leadership all hinge on the congruence our voice has with our whole being and the message we wish to convey. Tragically, so many people think they are 'stuck' with the voice they have; they hate their sound; or they have never even considered the impact of their current - usually unconscious - vocal strategies. People don't realise that voice is a choice. The Vocal Intelligence

## Natural Breathing

Throughout a person's growing process, many factors superimpose idiosyncrasies into speech and articulation patterns which interfere with the free functioning of the vocal folds and with free breathing. Therefore, what we perceive as natural is, in fact, usually habitual.



## Louise's Signature Breath Exercise

BREATHE OUT

DROP

### Notes

- Stomach goes in
- No (little) chest movement
- You 'get breathed' as opposed to 'taking' a breath

