



COMMUNICATE WITH CONFIDENCE

Niem Huynh, **PhD, PPCC, FRCGS**
Professional and Personal Life Coach

Join the conversation@**ConcordiaAlumni**



#CUalumni



Handy reminder tips



Remember
to add
Vocal Variety!
Monotony
is
Boring!



Handy reminder tips



Remember
to add
Vocal Variety!
Monotony
is
Boring!



What do you hear?

Partner 1

A. Whisper

B. Mumble

Partner 2

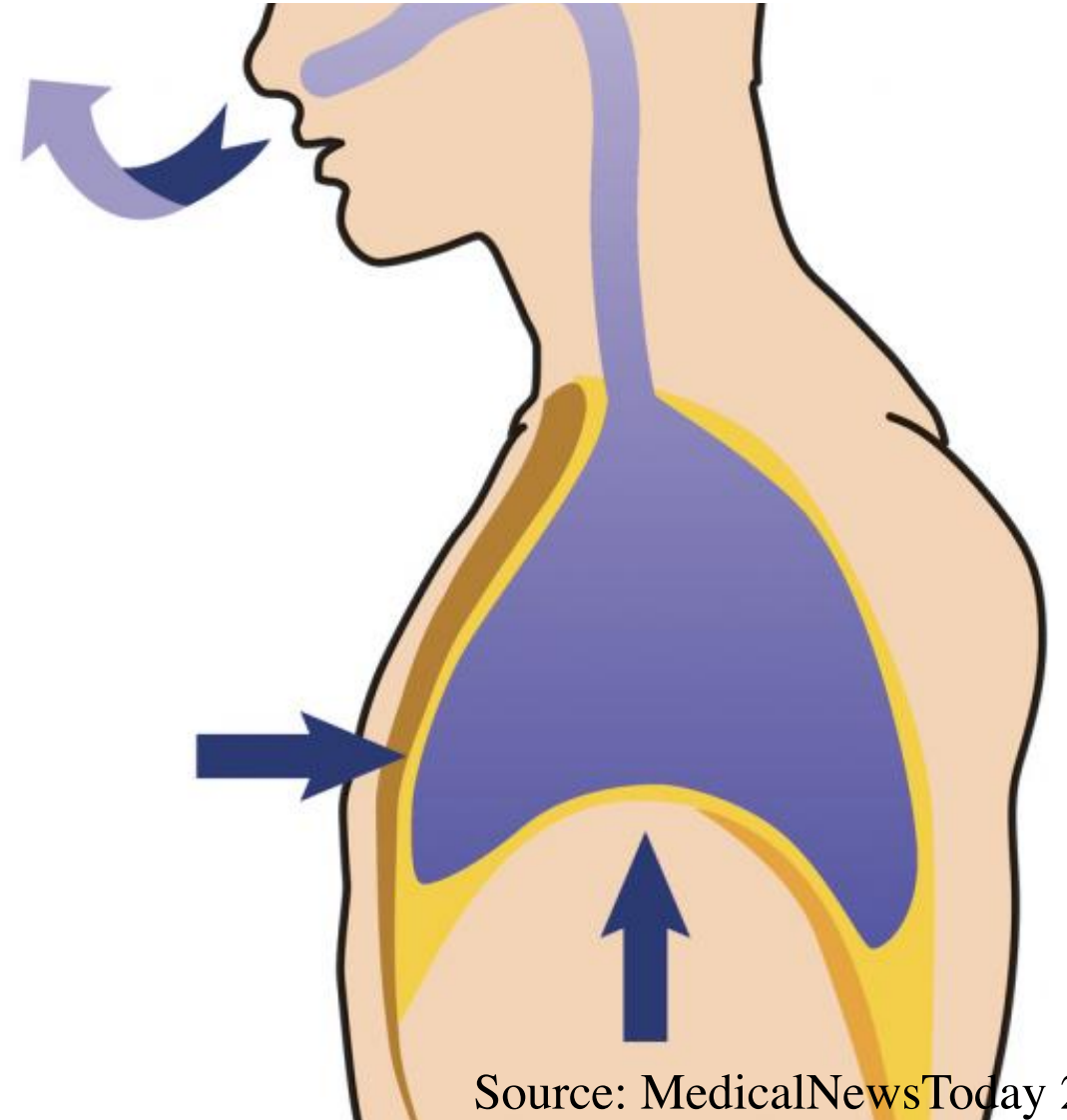
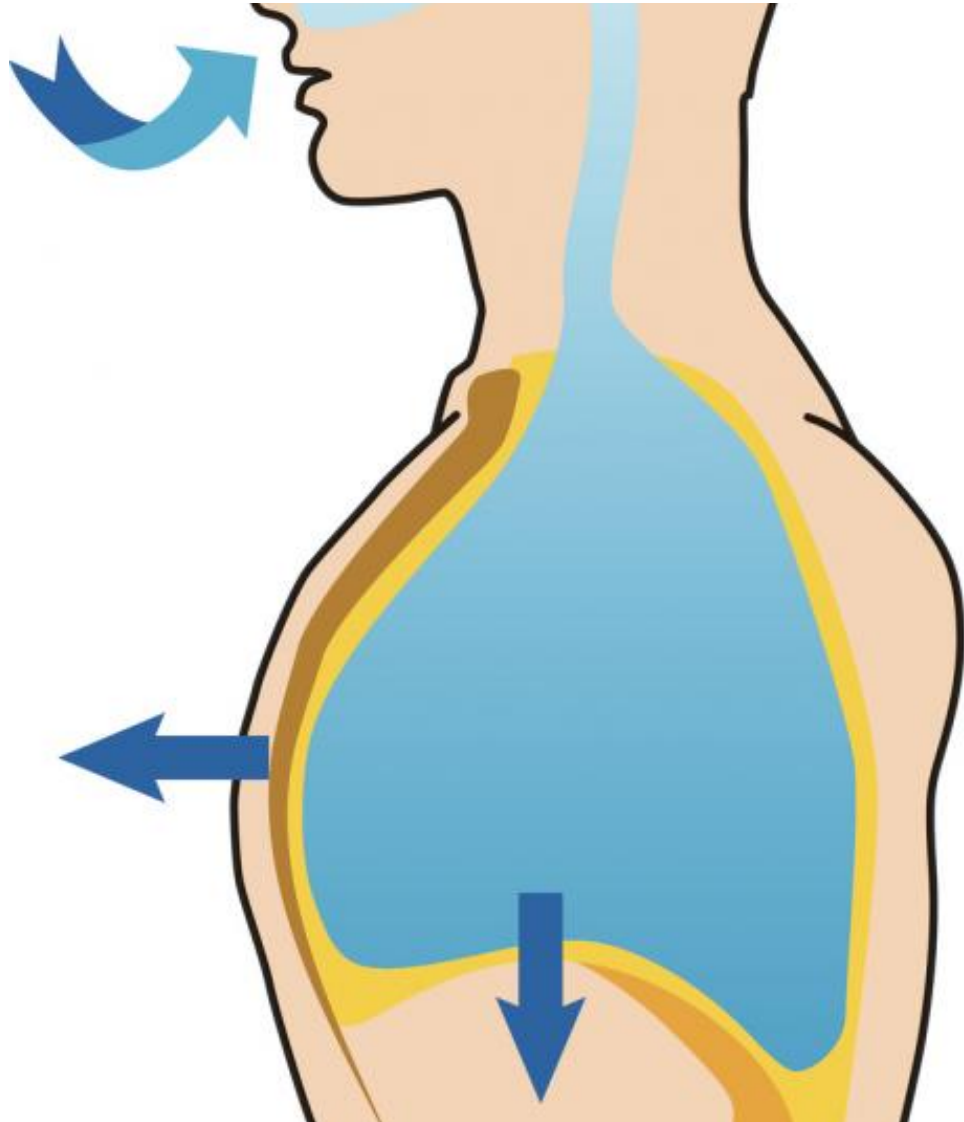
A. Monotonous

B. Fast pace

Elements of your speaking voice

1. Volume: projection, audible, vibrant/dynamic
2. Pitch: varied
3. Voice quality: mellow, enthusiastic
4. Articulation: clear, pronunciation, open mouth
5. Pace: varied, deliberate, exciting

Anatomy of sound



Source: MedicalNewsToday 2017

1. Voice projection

Whisper versus Boom



2. Pitch

Melodious versus Monotonous



No change in inflection *Concordia* 

Inflection up or rising pitch *Concordia* 

Inflection down or lowering pitch
Concordia 

Inflection up and down *Concordia* 

Inflection down and up *Concordia* 

A koala is shown sleeping peacefully on a tree trunk. The koala is grey and fluffy, with its eyes closed and its head resting against the bark. Its paws are visible, gripping the tree. The background is a soft-focus green, suggesting a forest setting. The overall mood is calm and relaxed.

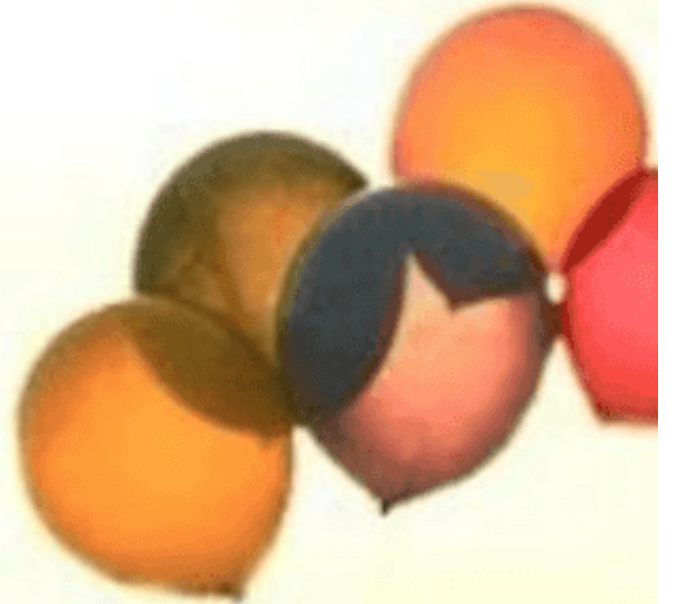
**COMFORT
IS THE ENEMY OF
ACHIEVEMENT.**

3. Voice quality

Rainbow versus dark cloud



One of the **happiest** moments ever is when you find the **courage** to **let go** of what you can't change.



4. Word formation

Articulation versus Mumble



Sheena leads, Sheila needs.

**Washing the washing machine while watching the
washing machine washing washing.**

**Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper
picked?**

5. Pace

Turtle versus the Rabbit



Education is the keystone in the area of freedom and progress. Nothing has contributed more to the enlargement of this nation's strength and opportunities than our traditional system of free, universal elementary and secondary education, coupled with widespread availability of college education.

For the individual, the doors to the / schoolhouse, to the library, and to the college lead to the richest treasures of our open society:

Fast speaker

2-seconds to say each word:

- *droopy*
- *roar*
- *lovely*
- *glimmer*
- *rustle*
- *Lonely*
- *gloomy*
- *luscious*
- *merry*
- *passion*

Slow speaker

Say each word rapidly:

- *flick*
- *glib*
- *tip*
- *snap*
- *clip*
- *nit*
- *flip*
- *chip*
- *Snit*
- *glint*

Adapted from Toastmasters "Your speaking voice" 2011



Image source: <https://www.glamourmagazine.co.uk/gallery/new-movies-2018>

Head



Torso



Legs



21%

Playing with **hair** or touching face

47%

Having little or **no knowledge** of the company is the most **common mistake** job seekers make during interviews

Failure to make **eye contact** 67%

Lack of smile 38%

Bad posture 33%

The average length of an interview is **approximately 40 minutes**

Statistics show that when meeting new people the impact is:

7% From what we **actually say**

38% The quality of our **voice grammar** and overall **confidence**

55% The **way we dress, act** and **walk** through the door

21% **Crossing arms** over their chest

9% Using too many **hand gestures**

Handshake that is too weak 26%

33% **Fidgeting** too much

Clothes

Bright colors are a turnoff

70% Employers claiming they don't want applicants to be **fashionable or trendy**.

65% Of bosses said **clothes could** be the **deciding factor** between two similar candidates.

Source: <https://theundercoverrecruiter.com>

Let's talk

Niem Huynh, PhD, PPCC

[linkedin.com/in/niemhuynh](https://www.linkedin.com/in/niemhuynh)

nth.coach@gmail.com



CONCORDIA.CA

