

Workshop Opening Questionnaire

You are about to begin a journey to free up your voice, presence and expressive being. Let's see where it all begins.

Name

Company

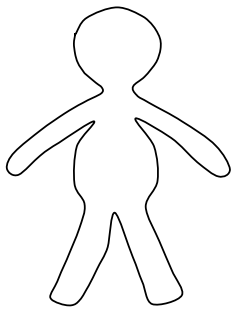
Phone

Email

Workshop Date

What would you like to explore in this workshop?

Draw your voice below where you feel it currently is in your body?
(You may use coloured pens and lines/shape if you are inspired..... please.)



How would you describe your voice at present?

Describe how you would like your voice to be?

Does your voice represent who you are? If no, what is the difference?

When is your voice at its best?

When is your voice at its worst?

Voice COACH

Name:

Workshop Date:

Place a single stroke on each of the scales below for the following questions.

1. How much range, texture and colour do you have in your voice?

none plenty

2. Do you hold your breath when speaking or listening?

always never

3. How far into your body does your breath go when you are speaking in public?

shallow deep

4. What happens to your breath when you take a moment to pause or think?

I hold it free flowing

5. How much tension do you hold in your body while speaking?

alot none

6. How clearly do you articulate your thoughts?

poorly brilliantly

7. How clearly do you think in Q&A

poorly brilliantly

8. How effectively do you express how you feel when you speak?

poorly brilliantly

9. How deliberately do you choose your words?

never deliberately

10. How do you feel about communicating 'dry content'?

I loathe it easy

11. How expressive are you when you speak?

not very