

# VoiceCOACH Rate My Voice!

How do you rate as an inspiring speaker? Fill me out and I'll tell you!

**Decide which area of your speaking life you want to rate.**

Eg: presenting, client meetings, inspiring the world, inspiring the kids....

My area of focus is:

## VOICE /15

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

1 monotone 2 a little 3 some 4 a lot 5 expressive

What is your general speaking range?

1 too high/low 2 a few notes 3 conservative 4 colourful 5 full range

Does your voice represent who you are?

1 not at all 2 partly 3 sometimes 4 mostly 5 perfectly

## BREATH /15

Do you hold your breath when speaking or listening?

1 always 2 often 3 I don't know 4 a little 5 no never

How far into your body does your breath go when you speak in public?

1 mouth 2 throat 3 I don't know 4 chest 5 belly

When you pause, what happens to your breath?

1 I hold it 2 I avoid it 3 it gets caught 4 it's shallow 5 flows easily

## BODY /15

How natural are your gestures?

1 unnatural 2 tense 3 a bit stiff 4 appropriate 5 natural

Do you hold tension in your body while speaking or listening?

1 always 2 partly 3 I don't know 4 a little 5 no never

Where is your centre of energy when you present or put on the spot?

1 out of body 2 chest 3 concrete legs 4 torso 5 belly

## THOUGHTS /15

How clearly do you articulate your thoughts?

1 inarticulate 2 I get by 3 ok 4 well 5 precisely

How effectively do you think in Q&A sessions?

1 I choke up 2 it's difficult 3 ok 4 well 5 quicksilver

How flexible is your thinking if you lose your place or put on the spot?

1 inflexible 2 I lose track 3 unspecific 4 I cope 5 flexible

## FEELINGS /15

Do you connect how you feel about something to how you say it?

1 never 2 rarely 3 depends 4 mostly 5 always

How present do you feel when you speak?

1 out of body 2 beside myself 3 don't know 4 self aware 5 in the zone

When you feel something is important, do you speak with passion?

1 no 2 sometimes 3 depends 4 mostly 5 always

## WORDS /15

How deliberately do you choose your words?

1 I don't 2 randomly 3 I ramble 4 selectively 5 specifically

How effectively do you use your selected words?

1 ineffective 2 as signposts 3 considerably 4 expressively 5 with relish

How effectively do you communicate dry content?

1 I don't 2 I give up 3 I change words 4 expressively 5 with joy

## YOU

Out of 10, how expressive are you as a speaker? /10

## YOUR SCORE /100

0-20

### Operation Rigor Mortis

We need to talk! Coaching is imperative for you. Perhaps, you are a beginner or have a fear of public speaking. You're not alone!

Let's get you having fun. It's possible and actually very easy.

**AIM:** To help you feel comfortable and confident.

21 - 40

### Save me OB1 Kenobe

You are solid with your content but I left the auditorium an hour ago. Time to explore some fundamental techniques so you make the impact your content deserves.

**AIM:** To add impact so you stand out and are remembered for the right reasons.

41 - 60

### Ground Hog Day

You are sitting around average, pretty good. But who wants to be average? Let's get the pizzazz back in your speaking. You probably have it when you are relaxed or in the pub. You had it when you were a child. But, something else seems to be in control and it's not you!

**AIM:** To harness flow, personality, play and power.

61 - 80

### Find Your Edge

You don't mind speaking, but something extra is missing. Spice up your speaking. It's time to be daring. Work on harnessing your personality and invigorating your content to spice up your speaking.

**AIM:** To create some magic for your audience

81 - 100

### On Top of Your Game

You feel the adrenalin and you know how to jump. Next step is to fine tune and begin to work as an artist crafting each moment.

**AIM:** To perform with courage

## NEED SPEAKER SUPPORT?

Contact Voice Coach:

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