

MODULE 3

SPEECH

A white circle containing a bold, white capital letter 'S' is positioned in the bottom right corner of the image.

VOICE PITCH

**> ADOPT A DEEP, SLOW AND CONTROLLED BREATHING,
THROUGH YOUR BELLY**

**YOUR VOICE MUST COME FROM THE LOWER PART OF YOUR
BODY (YOUR BELLY), NOT FROM THE UPPER PART OF YOUR
BODY (YOU FACE)**

> DON'T GO UP IN PITCH AT THE END OF YOUR SENTENCES

SPEECH RATE

> SPEAK SLOWLY

TIP: IF YOU STRUGGLE TO TALK SLOWER, FORCE YOURSELF TO BREATHE ONLY THROUGH THE NOSE.



INTENSITY

> SPEAK LOUD ENOUGH

TIP 1: PICTURE YOUR WORDS AS ARROWS.

TIP 2: KEEP YOUR VOICE IN YOUR MOUTH AS LONG AS YOU CAN BEFORE SPEAKING.

TIP 3: PUSH DOWN YOUR DIAPHRAGM WHEN DELIVERING YOUR WORDS.

LEAVE PAUSES

- > DON'T ANSWER RIGHT AWAY TO YOUR INTERLOCUTOR BUT TAKE THE TIME TO FULLY PROCESS WHAT THEY JUST TOLD YOU (1 TO 3 SECONDS)
- > LEAVE PAUSES WHEN TALKING (BETWEEN SOME OF YOUR SENTENCES OR WORDS)

**LIMIT NODDING AND WORDS OF REASSURANCE
(ALSO AVOID THE “UUUHH”/“UMMMM” BEFORE SPEAKING)**



WHAT TO DO WHEN SOMEONE INTERRUPTS YOU?

> IF THIS IS A FRIENDLY PERSON, YOU CAN LET THEM INTERRUPT YOU AND EXPRESS THEMSELVES.

> IF THIS IS A MALICIOUS PERSON OR THAT IT TAKES PLACE DURING A DEBATE, FINISH YOUR SENTENCE, THEN REPEAT IT (OR REPEAT THE END OF IT) UNTIL YOUR OPPONENT SHUTS UP AND EVERYONE HEARS IT WELL.