



**CLAIM YOUR VOICE**  
Speak with Power and Presence  
**THE DYNAMIC SPEAKER**

## December 13<sup>th</sup>: Speaking Styles, Part 2

### Goals of speaking styles/action drives:

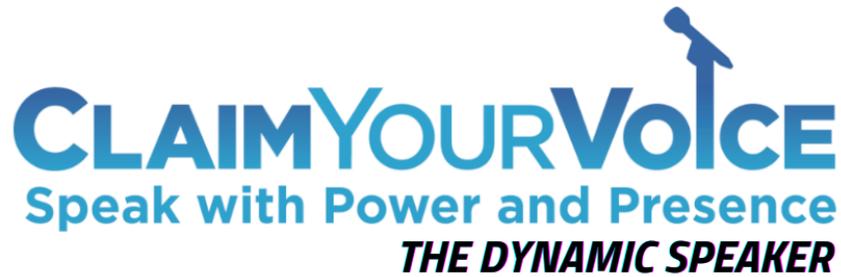
1. Seek to find the fullest level of expression possible. This may even take us new levels of consciousness and experience. We may like or dislike different drives. What is it like to own all of them? Be a student and explore these for yourself.
2. Learn how and when to utilize them in order to increase your impact, both for talks and when communicating more informally.
3. Discover your habitual styles so that you know when to shift or compensate for them.

### Imagery for different efforts:

- **Tempo:** Picture yourself as the water in a river, which then moves people along with it. You may be rushing forward, or slow and steady.
- **Direct/Indirect:** See yourself as a laser beam. Put all your energy in one direction to be very direct; indirect is more scattershot or diffuse.
- **Light weight:** Imagine you are filled with helium, and extra buoyant.
- **Strong weight:** Imagine you are pushing through hardening cement or thick mud, using all of your muscles to do so.

### Tips:

- For a talk, primarily focus on utilizing the direct styles. Use indirect styles in talks at specific moments to create a more relaxed feel.
  - After talking directly a lot, you might pause, get a little indirect and take some questions.
  - Indirect can be more informal and can put people at ease.
- Use your whole body for the speaking styles and efforts, not only your mouth/voice.
- Practice them both “big/exaggerated” and “small” or subtle.
- Open your mouth somewhat wider than normal, while still being *relaxed*, for both strong and light weight.
- Directness also reflects intentionality. If you are changing your dynamics with intention, and having control over how you are speaking, this will be direct. Indirect reflects being acted upon, and reacting, and/or alternating between thinking about what you are saying.
- It’s possible to be highly dynamic, and also be disconnected from your audience. Stay in connection: let your delivery be altered (subtly or otherwise) by watching the reactions and expressions of those to whom you’re speaking.



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**EFFORT #4: FLOW**

- This is, in essence, about energy boundaries: either closed off, or very open.
- *Free flow* might be perceived “New agey” – open energy, has few boundaries, porous.
  - The voice may be breathier. To access it, soften your movement and voice and let it flow with ease. Imagine your energetic sphere is very porous and open.
- *Bound* is when you are protected and closed off. Visualize your sphere as fully walled off.
- Note: empaths are often free flow by nature (feeling everything around them), but can become bound for protection when trying not to feel others’ emotions.

**ASSIGNMENTS:**

1. Play more with the 8 action drives, again scheduling these into your calendar for each day. Journal on your experience.
  - a. Notice your experience - including the state, mood or emotion each puts you in. Which styles/drives feel foreign? Which styles feel comfortable in your body, and are part of your habits?
  - b. Use dynamics or efforts when speaking with others, and notice the reactions you receive.
2. When practicing, notice anything that is more habitual or comfortable for you (e.g., slower or faster tempo, lighter or stronger, etc.) – and which are more foreign or difficult.
3. Practice your text (or finds a new one, 30-60 seconds long) with different drives.