



CLAIM YOUR VOICE
Speak with Power and Presence
THE DYNAMIC SPEAKER

January 17th: Scoring Talks Part 2

Highlights from the class

- 1) In addition to scoring through technique (speaking styles, dynamics), through an emotion, or trying to cause the audience to react/feel a certain way, **here's a fourth way to score: apply a Claim Your Voice method and see how it causes you to speak.** Perhaps video yourself, and then review it afterward to note the dynamics employed. Some you might try include:
 - a. Heart breathing
 - b. The Sphere
 - c. Focusing on your back or lower dan tien
 - d. Diction
 - e. Relaxing into confidence (the Premodule 1 habit builder, also in CYV Level 2)
 - f. Presence skills
- 2) The micro scoring often comes easier for many; be sure to **focus on the macro scoring**, and building out the talk as a journey.
- 3) **If it sounds like you're reading and are scripted**, try being more indirect, or being very relaxed/loose. This will help it sounds fresher.
- 4) **Running over time?** Don't rush through it! Cut some out so you can really dive into the delivery more.
- 5) Both speaking styles and scoring are based performance techniques. However, don't get stuck performing! Stay in connection, engagement and impact.

*And, most of all: being a dynamic speaker is all about bringing more **aliveness** into your speaking.* You'll feel this most when you are connecting with your audience. Let the connection somewhat change what you've practiced: keep it *alive*, which means letting it breathe and change in the moment.

ASSIGNMENT: Keep revising and practicing your 3-minute talk.

Alternate assignment: Do the scoring with bullet points and speaking extemporaneously, rather than fully scripted.