



CLAIM YOUR VOICE
Speak with Power and Presence
THE DYNAMIC SPEAKER

January 24th: Scoring Talks, Part 3

Today's class was all live coaching. Here are some important reminders.

Important reminder: Fully relax. It's essential to stay relaxed when using dynamics and speaking styles. This will help you be more yourself when using them – vs. “acting out” or performing them, which feels less authentic.

Important tip: Take up space. Even on Zoom, imagine you are both filling the whole room as well as speaking directly to every person listening to you. Perhaps envision having a very large sphere that you inhabit while speaking.

Scoring when speaking extemporaneously and improvisationally

To find the transition to a new dynamic, pause on the punctuation - usually commas and periods. At that moment, ask yourself these 3 questions:

- What is needed to keep/regain/shift the audience's attention?
- What brings out the meaning of what I'm saying?
- What's needed in the journey of your talk (or any type of communication) at that point?

The more you do this, the easier it'll come. Doing so will also give you the skills to be even more comfortable adjusting things on the fly when you're doing a prepared talk.

How to practice: You can practice this by simply choosing one or two dynamics or speaking styles to practice each day. This will help you get used to scoring “on the fly” faster than having all choices at your disposal.