



CLAIM YOUR VOICE
Speak with Power and Presence
THE DYNAMIC SPEAKER

January 3rd: Speaking Styles, Part 3

Uses of speaking styles/action drives

For the direct styles, here are some notes to help you settle into each one. Each below includes:

- 1) the *experience* many have of them, to normalize how it may show up for you;
- 2) the *impact* it has on other people, and
- 3) some suggestions on how and when to use them. Feel free to add in your own findings as well!

Remember to work with a script to practice integrating these – and then also use them improvisationally when speaking as well.

Punching (fast, strong, direct):

Experience: Pushing out into the space; emphatic; possibly aggressive

Impact(s): Powerful, confident, committed; moves the energy for the audience in a sense. Used for too long, it may become too intense or overwhelming.

How/when to use: Make a serious point, quick impact or emphasis, or express anger or passion.

Pressing (slow, strong, direct):

Experience: Mobilizes your energy, intention

Impact(s): Inspiring; makes audience listen more

How/when to use: When really making a point; to motivate/inspire

Notes: Use diaphragmatic support, pushing energy out; also be strong in whole body, not just in your enunciation.

Dabbing (fast, light, direct):

Experience: It can start to run away with you; happier and lighter

Impact(s): Uplifting, effortless; fun

How/when to use: Moves the energy along, filler/transitions; lighten up the mood and uplifts

Note: Use short vowels. Avoid pausing between words (aside from deliberate pauses).

Gliding (slow, light direct):

Experience: Varies depending on whether you normally use long vowels: may feel very slow.

Impact(s): Soothing, gentle; easy to follow. Meditative, calming.

How/when to use: Meditations, to soothe; bedtime stories. To get people present and slow things down.

Note: Don't pause between words – use legato instead with long vowels, with good diaphragmatic support.



CLAIM YOUR VOICE
Speak with Power and Presence
THE DYNAMIC SPEAKER

Indirect styles – Flicking, Floating, Wringing, Slashing:

Impact: They can cause a ‘leaning in’ of the audience, and interest in what you’re about to say next.

Uses: These may also be used more to express emotion, or to signify thinking.

- Also useful for appearing more informal when speaking.
- Try using these on longer pauses as well to create a “full” pause.

Note: Work to really stop speaking and let them exist on the pause itself, perhaps overlapping with the first word or two you say after the pause.

ASSIGNMENTS:

1. **Create a 3-minute talk for next week**, when we focus on scoring talks. You may want to fully write out the script. Either print it out double-spaced, or have spaces on your document with room to write.
2. **Keep playing with the 8 speaking styles** when speaking, using the above insights and making your own discoveries. Again, schedule some into your calendar for each day. Journal on your experience. Focus more on the direct drives, but also play with how and when to break into indirect styles for variation.