

Mastermind Presentation for 9/2/2020 Outline

1. Personal Story/How music has impacted my life: 2-5 minutes
<https://vimeo.com/boeason/review/395070983/aebf9b064f>
2. How has music been helpful for your well-being? How music and voice are important for our well-being 5-10 minutes.
 - Singing strengthens the immune system. ...
 - Singing is a workout. ...
 - Singing improves your posture. ...
 - Singing helps with sleep. ...
 - Singing is a natural anti-depressant. ...
 - Singing lowers stress levels. ...
 - Singing improves mental alertness

<https://takelessons.com/live/singing/health-benefits-of-singing>

People trust the emotions of voice more than non-verbal portions of the communication.

<https://insights.som.yale.edu/insights/listeners-glean-emotions-better-from-voice-only-communications#:~:text=A%20new%20study%20from%20Yale,bringing%20together%20far%2Dflung%20colleagues.>
3. Building blocks of voice: for speaking. Information from the top vocal coaches 15-20 minutes
 - a. Melody (monotone, descending, and ascending melodies)
 - b. Pitch (low, middle, high) can affect how you are perceived.
 - c. Pace: too fast, too slow, but you do want some variation.
 - d. Volume: most of us are not using enough volume. Volume can be useful for emphasis on words, or to speak with more authority.
 - e. Tone: breathy vs. edgy
 - f. Vocal Archetypes
 1. Nasal professor
 2. Vocal Fry (Kim Kardashian)
 3. Rocky Balboa
 4. Yogi Bear/Julia Childs
 5. Marilyn/Breathy
4. How we can use variations in these vocal qualities to improve our presentations. 5 minutes
5. Communication styles: Aggressive, Passive, Passive-Aggressive, Assertive.
6. Having better communication in difficult conversations are best when you use assertive communication, and you can use the building blocks of voice to help the conversation go as smoothly as possible. Tips: Make sure to plan when the conversation will happen when the

person is in a position to accept the information. Use “I” statements. For instance: I feel upset when you say or do... I would prefer it if you did ... I don't like it when you speak that way to me. Parrot technique: when setting a boundary, continue to say the same message to communicate the boundary. “I hear you, but I am not willing to ...” “ I understand where you're coming from, but that is not going to happen. I can do this or that”. Giving people options is a great way to help diffuse a situation. 10 minutes

7. Offer: Email if you'd like to have a free 20-minute consultation.

8. Q & A?