



Tell Stories Like a PRO: Worksheet for exploring vocal dynamics, tone, and pace

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A simple tool to help you practice vocal presence, vocal inflections, and variety of pace and tone in order to guide your listener and keep them engaged.

Tip - (Always practice out loud and on your feet!)

Title of the Presentation

TIP - (Strong voice, open body, direct eye contact. Think Hear ye! Hear ye!)

The meaning of life and other such ruminations

Paragraph Break, Enter, Space = Take a BREATH and mini-PAUSE

Subheading

TIP - (Strong voice, but less of a call to attention and more of the “now that I have your attention...”

The immediate next statement after the Hear ye! Hear ye!)

When all is in question, it challenges us to re-evaluate what is important and meaningful.

Paragraph Break, Enter, Space = Take a BREATH and mini-PAUSE

Description Paragraph

TIP - (Every sentence should feel complete. If there's a period, honor it! This section think, “Once upon a time...” Start with a fresh, bright tone and pause between sentences. Be mindful of completing every word and landing your final consonants.)

Think back to a time when your worries were small and your joys were abundant. A time when you had nothing but a bursting sense of optimism...

Paragraph Break, Enter, Space = Take a BREATH and mini-PAUSE

Bullet Point List of Items

TIP - (THIS section is all about the INFLECTION points and the WORDS of EMPHASIS. You have four inflection points **1) downward 2) upward 3) ongoing 4) undulating**. Play around with different inflections at the ends of thoughts, but the final thought should always end downward unless it's a clear question.)

- **The FIRST point you HAVE to make (2)**
- **Then there's the SECOND point that CARRIES the IDEA forward (4)**
- **The THIRD point that brings a GREAT bit of DATA (3)**
- **The FINAL point that SUMS up the PURPOSE of the LIST (1)**



What do our clients have to say?

"Thank you so much for your workshop today at Huge. You helped me explore feelings that I didn't know I was still holding on to and boosted my self-awareness at work. Your break out session, New Choice was a great reminder to play, be spontaneous and explore new approaches. Thank you!"
M. Behringer, Senior interaction Designer HUGE Inc.

"Beforehand, when I envisioned a leader, I imagined a super outgoing person who is known for doing big, grand gestures. However, after the Empowered Play workshop, I learned that leaders are simply people that in their everyday lives do things that help others in any kind of capacity and/or magnitude. This also means you don't have to be the loudest person in the room to be a leader and as someone with a more introverted personality, this really resonated with me. After learning this, I am now more confident in myself and my ability to call myself a leader."
D. Polatin, Student Program Manager, Bentley University

"For many years, I've led at the intersection of a VC-backed growth company and today as COO of Flatiron School (a WeWork company). In recent years, I've watched as the cultural conversation on women in tech and corporate America became uglier and uglier. I deeply felt the need to step forward to engage a broader audience of upcoming leaders not only on these topics, but as a strong, positive female leader across many topics. Minna's work has been a narrative arc of exploration from the mental habits I didn't know I had and needed to break, simple exercises to warm up and a beautiful habit of practice and iteration. She's helped me discover that my sense of perfection was my limitation and playfulness is not only my joy in public speaking, but my secret sauce."
K. Riordan, COO Flatiron School

Who is EYV?

We unlock the full potential of an individual's authentic voice, activating more powerful employees, teams, and entire organizations. At EYV, we take an experiential approach, balancing play with practical application. We firmly believe in the value of embodied learning over embrained learning.

Our trainings are rooted in the principles of improv and performance so that our approach is consistently dynamic, powerful, and engaging. We firmly believe that individuals and groups learn the arts of agility, presence, and authenticity through the acts of trying, failing, and teaching our bodies what we are truly capable of achieving when we move beyond ineffective behavioral habits.

We rely on data to guide our customized programs and define clear outcomes. As a result, our approaches drive success. You will walk away with a renewed sense of purpose and a clarified vision of your full capacity for impactful communication.

unlock
your full
potential