



SUMMARY OF SLIDES

LAW SOCIETY OF NI WOMEN'S NETWORK

JUNE '25

Delivered by Sinéad Lunny, Managing Director, Vocalis



**We hope you enjoyed our training
which was a very brief insight into the
kind of services we provide.**

**For information on further training
including one-to-ones, contact us.
sinead@vocalis.co.uk**

DEFINE YOUR END GOAL

WHAT DO YOU WANT YOUR AUDIENCE TO THINK
ABOUT YOU WHEN YOU ARE SPEAKING?

1.....

2.....

3.....



3 VS OF COMMUNICATION

Verbal 7%

Vocal 38%

Visual 55%



VOICE AND ARTICULATION

Volume

Intonation/Inflection

Pace & pause

Enunciation

Pitch





Speech nuances

Inflection

Elision

Mouth-clicking

Vocal fry

Upspeak

Voice-dropping

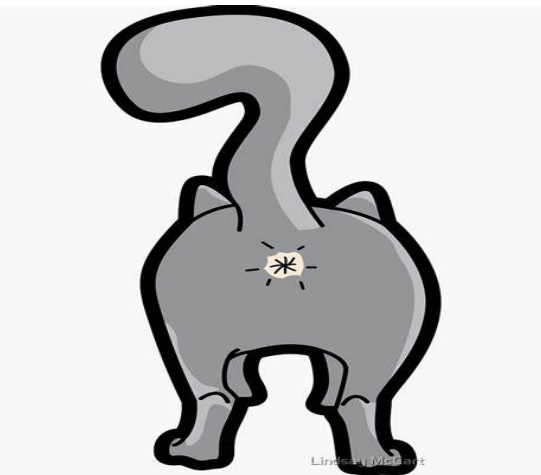


VOCALIS
PUBLIC SPEAKING



FACIAL EXERCISES

VOCALIS
PUBLIC SPEAKING



Voice exercises



- 
- Warm your voice up before a speech - gently release jaw, learn to practice lip and tongue trills, light humming
 - Practice breathing deeply to fuel your voice
 - Practice yawning
 - Tongue-twisters
 - Avoid clogging food & drink(milk, chocolate)
 - Avoid clearing throat, swallow instead
 - Pretend you are chewing a sticky toffee

USEFUL LINKS



Sophia Elene Soberon

<https://youtu.be/MR4Izq0wMG8>

Dr Agnes Lunny OBE

<https://youtu.be/MZhKF3vRMPM?t=4260>

Shawntay A. Henry

<https://youtu.be/rG9877CqppA>

Berel Solomon

<https://youtu.be/4cpKVgLo7nY>

