Vocal warmups

In this section, I talk about the importance of breathing and I give you some simple vocal warmups to try. Performed regularly these will:

Help your voice to sound richer and more resonant

Improve your vocal health

Help you speak for long periods without strain

Give you a voice you can count on.

You may feel a bit silly blowing raspberries or bubbling your lips, but trust me, these are exercises used around the world by some of the top vocal coaches and voice doctors!

Lip bubble warmup: Lip bubbles/tongue trills/raspberries will warm up and strengthen the voice

Sirens with lip bubbles: Lip bubbles with sirens will do the same, while also helping you extend your vocal range. This will help your voice become more interesting to listen to, especially if you tend to sound a bit flat.

Mmms: This is a repeat of the Mmms video found in Chapter 3. This is a great exercise for warming up the voice, and speaking from a place of strength and resonance. I love it!

Also in this lesson are two audio recordings for you to listen to. Use them to 1. create an anchor you can use to create a positive state each time you give a speech and 2. visualise success.

Enjoy!