Blog Three: Voice training

**What I learned from the training exercise**

- Before it comes to going ‘on air’ you should always familiarise yourself with your script. Take a few moments to clear up any problems, such as how to pronounce a word, and highlight parts where you can pause for a breath.

- As well as this, it helps to mark words which you will need to emphasise – I believe that this is especially important on the radio, due to the fact there are no visual aids, it’s your jobs to make clear the important parts.

- You should also be careful what you drink before going on air, a cold drink will constrict the throat muscles, with a hot drink will also having a bad effect on your voice - A bottle of water at room temperature is recommended.

- Much like an athlete, you should also consider warming-up before going on air. The ‘siren’ warm-up works best, with it using all the key components of your throat muscles and vocal cords.

- Your positioning/ posture is also very important; you should make sure that you are sat up straight looking up with the script in front of you, rather than looking down. You should also check the sound levels on the monitors, making sure it’s not too loud, or too quiet.

- Something else I learned from the voice training session about myself is the way that I cut off the end of certain words, without even realising. Clarity of words is vital on the radio, this will help the listener, otherwise they don’t know when one word ends and the other begins.

- I also began reading the script at a fairly fast pace, almost as if I was rushing, before settling down. Contrary to this, I began to sound slightly less enthusiastic as the script went on – it’s important I avoid this in future broadcast work.

**Elspeth Morris**

- Sound like you’re interested!

- All accents are welcome; just make sure you speak clearly.

- Sound conversational – this can be achieved by speaking out loud when writing, and by using words which are ear friendly, such as, “Use” instead of “Utilise” – it’s amazing how much difference it actually makes.

- Treat the microphone like a human ear. You don’t have to be right up close to it, but you don’t want to be too far away, find the right balance.

- If it’s early in the morning/ late at night, it’s important to ‘act like you’re awake’. This can involve simply adjusting your posture; don’t slouch, but sit up straight.

- Speak clearly, pronouncing words in the correct way with clarity. This again shows the importance of being familiar with your script before actually going on air.

- Use ‘main story’ words to tell the listener what is going on. Emphasising smaller words such as “but” works in a similar way with, but don’t emphasise every word or it won't have the same effect.

- Last but not least, make sure you breathe – this sounds straightforward, but breathing in the right places for a certain amount of time is very important to help with the flow.