

Could your voice cost you your job?

How you sound is more important than what you say – your voice may be letting you down



Phoenix Again

Typical problems include:

- *mumbling and stumbling over words*
- *fading away at the end of sentences*
- *running out of breath*
- *being too quiet*
- *not having enough impact in meetings*
- *constant throat clearing*
- *tight sore throat after giving a presentation*
- *huskiness at the end of the day*
- *boring monotonous drone*
- *speaking too quickly*
- *'um-ing' and 'er-ing' too much*
- *'butterflies' about public speaking*

If any of these problems sound familiar, maybe you could do with some help to improve your communication skills and vocal habits.

Voice workshops are full of tips and techniques to help you keep your voice healthy and effective and enhance your job chances and general well-being at the same time.

Being confident with your voice makes you more confident in yourself

New information suggests that over 5 million people are routinely affected with occupational voice loss at an annual cost of £200 million to UK plc.

See: <http://www.hazards.org/voiceloss/workhoarse.htm>

One-to-one sessions and voice workshops for groups are available with Phoenix Again – for more details and to discuss making the most of your voice contact Liz McNaughton

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