

UNLOCKING VOCAL CONFIDENCE



4 PROVEN STRATEGIES TO SPEAK WITH PRESENCE, POWER & INFLUENCE

With TEDx vocal coach Jill Mitchell

Reclaim your voice, build presence, and deliver with confidence—whether in high-pressure meetings, daily conversations, or speaking engagements.



HOW TO USE THIS WORKBOOK

- Watch one video at a time and complete that video's exercises before moving on.
- Capture insights to notice patterns that improve your tone, resonance, and vocal stamina.
- Keep daily practice logs short but consistent.
- Revisit before important meetings or presentations.

EVEN SHORT FOCUSED SESSIONS ADD UP. QUALITY & CONSISTENCY BEAT DURATION.

INSIGHTFUL TIP

Clear away distractions. Block time on your calendar (estimated time frames on Video Exercises pages) & mark it as *"Do not disturb."*



MEET YOUR COACH

Hi, I'm Jill — mama, recording artist, podcaster, and voice coach. For the past 20 years, I've been immersed in the world of voice: learning the trade, coaching singers and speakers, making plenty of mistakes, and discovering what truly works.

I know what it's like to feel blocked, inconsistent, or unsure of your voice. I created this series to help people like you reconnect mind, body, and emotion to your voice — so you can speak or sing with confidence, ease, and authenticity.

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THE MISSING LINK

UNPACKING CONFIDENCE STRATEGIES



XERCISES



VIDEO 1



WHEN THIS SERIES IS OVER, I'D LIKE TO ...
WHY IS THIS GOAL IMPORTANT TO ME?

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STRATEGY 1 – ALIGNMENT

Core Idea: Your voice reflects your whole self — mind, body, emotion.

Exercise 1A: Recall Your Block (3-5min)

Think of a time you spoke “correctly” but felt tense or disconnected. Noticing these blocks allows you to release them so your voice can move freely.

- What was happening?
- How did your body feel?
- How did your voice sound?

Recall Your Block:

Exercise 1B: Alignment Scan (5min)

Notice tension in your top 3 areas:

- ☐ Jaw
- ☐ Chest
- ☐ Throat
- ☐ Shoulders
- ☐ Mind / Thoughts
- ☐ Emotion / Feelings
- ☐ Breath

Tip: Your voice mirrors your system. Tension = restriction.

Notes / Observations:

STRATEGY 2 – AWARENESS

Core Idea: Confident speakers regularly tune in to their voice—understanding how it works, mastering its mechanics, building competence, and letting go of inner baggage. (We’ll cover how it works in Video 2.)

Exercise 2A: Your Voice Vision (10-15min)

Close your eyes and imagine your ideal voice. Picture yourself speaking or performing with confidence and ease. Let your body, breath, and tone reflect this vision. Then answer the questions below — each one will guide your practice.

- What do you want your voice to communicate?
(Examples: *authority, warmth, clarity, calm.*)
- How should it feel in your body when you speak?
(Examples: *relaxed, supported, open.*)
- What tone qualities do you want to cultivate?
(Examples: *resonant, steady, expressive, rich.*)
- How do you want to engage your listeners?
(Examples: *persuasive, inspiring, clear, approachable.*)
- What challenges or limitations do you want to overcome?
(Examples: *shakiness, strain, monotone, nervousness.*)
- What is your ultimate voice goal?
(Example: *deliver presentations confidently, sing with endurance, converse effortlessly.*)
- How will you know you’ve achieved it?
(Observable signs: *sustained tone, relaxed body, confident projection.*)

Tip: Keep this vision in mind during every practice session. Your brain responds to visualization as if it were real — pairing this mental rehearsal with targeted exercises accelerates lasting change.

Voice Vision:

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FROM INSIGHT TO IMPACT

APPLYING THE 4 CONFIDENCE STRATEGIES



XERCISES



VIDEO 2

STRATEGY 1 - ALIGNMENT

Core Idea: *Your voice reflects your whole self — mind, body, emotion.*

Exercise 1A: Why Does My Voice Falter? (5min)

Check all that apply:

- ☐ Stress / nerves
 ☐ Fatigue / sleep
 ☐ Hydration / diet
 ☐ Straining / over-practice
☐ Unsure
 ☐ Misaligned posture
☐ Other:

Notes:

Exercise 1B: Alignment Warm-Up (10min)

You can align your instrument in 3 easy steps.

1. Check-In: (Rate 1-10, 10=ease): Mind: ____ Body: ____ Emotion: ____
2. Release & Align: Micro-practices (stretches, breathe, connect to why).
3. Check-In (Again): Mind: ____ Body: ____ Emotion: ____

Techniques Used Today:

Reflection:

Notable changes in energy, tone, or presence:

Patterns noticed in free vs blocked areas:

Exercise 1C: Stress-to-Voice Reset (2-3min)

- Inhale deeply, tense whole body, exhale and release
- Cue silently: "I'm aligned, I'm grounded."
- Repeat 3x before your next meeting

Reflection / Notes:

Exercise 1D: Alignment Check (5-7min)

Notice the difference between tension and alignment, and how it affects your voice, presence, and impact.

AREA	MISALIGNED	ALIGNED	QUICK CHECK
POSTURE	Shoulders tight, chest collapsed, head forward	Shoulders relaxed, chest open, spine tall, head neutral	Presence heavy / grounded?
BREATH	Shallow, rapid, irregular	Deep belly breaths, slow steady	Tone restricted or rich?
PACE/TIMING	Rushed, jerky, stumbling over words	Intentional, fluid, measured	Pace: fluid or choppy?
VOICE/TONE	Tight, strained, monotone	Resonant, flexible, expressive	Impact: engaging or flat?
EXPRESSION	Stiff, repetitive, minimal	Natural, intentional, congruent with words	Does it feel authentic?
MINDSET	Distracted, anxious, self-critical	Focused, confident, present	Mental clarity: scattered or steady?

Reflection:

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MASTER YOUR VOICE

THE CONFIDENT SPEAKER ROUTINE



XERCISES



VIDEO 3

Exercise 1B: 7-Day Challenge Instructions

Welcome to your 7-day challenge! I'm excited to see where this journey takes you. Remember—this challenge is about steady, daily practice, not rushing. Backed by neuroscience, each step is designed to clear away the clutter that holds back your confidence.

- Mark a 7-day streak on your calendar.
- Complete the above Confident Speaker's Practice Routine (25-30min) every day for 7 days.
- Track your progress using the Practice Log below.

Tip: Even a 2–5 minute mini-reset counts. It strengthens your vocal endurance and reinforces alignment habits.

Practice Log (Daily Tracking)

DAY	ENERGY 1 -10	STONE (free / tight)	HABITS (sleep / hydration warm up)	ROUTINE COMPLETED?	NOTES/ INSIGHTS
1				<input type="checkbox"/> YES <input type="checkbox"/> NO	
2				<input type="checkbox"/> YES <input type="checkbox"/> NO	
3				<input type="checkbox"/> YES <input type="checkbox"/> NO	
4				<input type="checkbox"/> YES <input type="checkbox"/> NO	
5				<input type="checkbox"/> YES <input type="checkbox"/> NO	
6				<input type="checkbox"/> YES <input type="checkbox"/> NO	
7				<input type="checkbox"/> YES <input type="checkbox"/> NO	

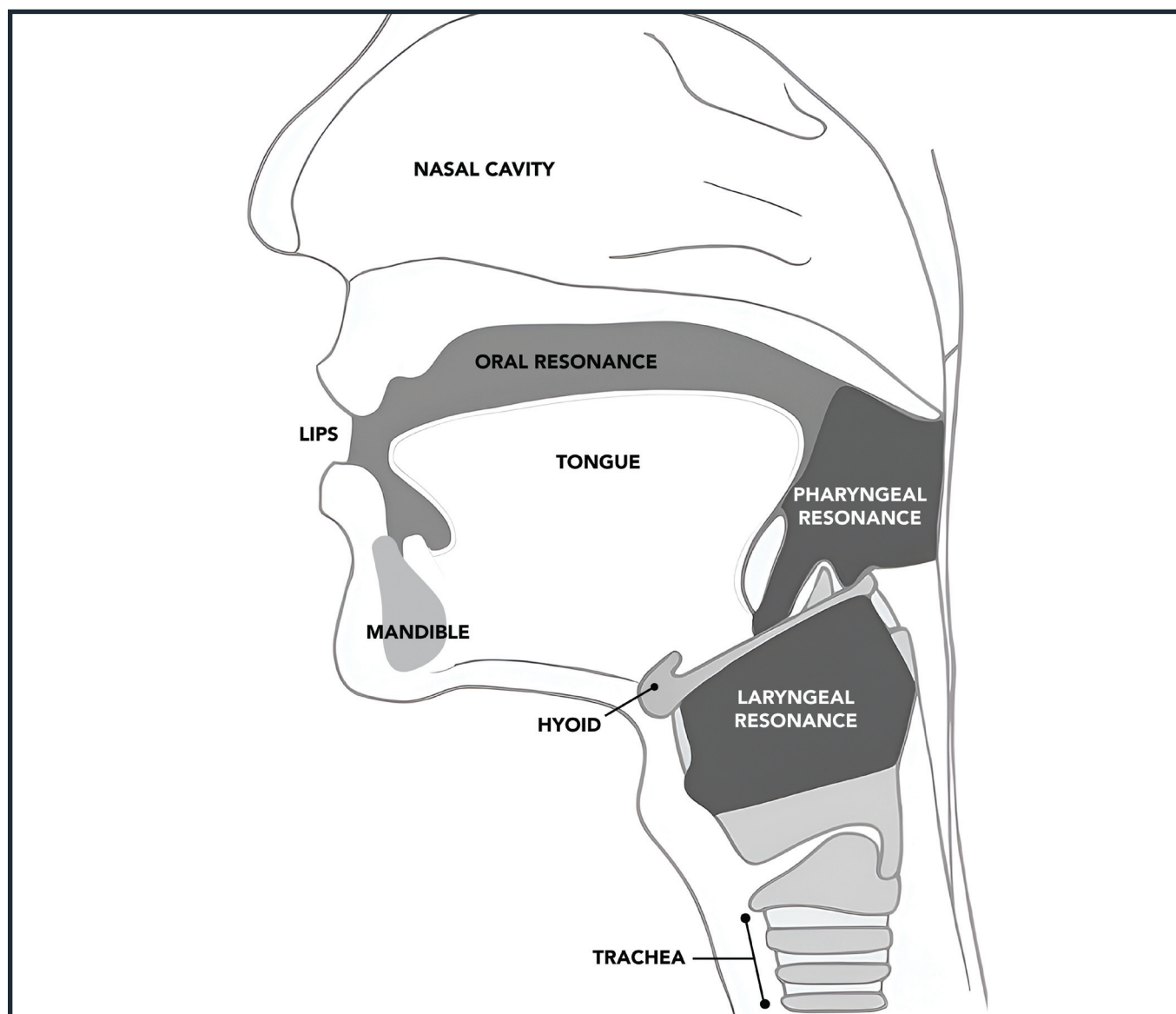
RESOURCES

The 4 Strategies of Confident Speakers

- Alignment: Mind + body + emotion = presence & clarity
- Awareness: Understand your voice & transform judgments into actionable goals
- Anchoring: Connect to your why to amplify authenticity & impact
- Athleticism: Daily practice + healthy habits + stamina & resilience

Even a 60-second breath & posture reset can transform your impact.

HOW THE VOICE WORKS



Mantra: Breath to Face

Breath flows from your lungs, sets the vocal folds in motion, and resonates through your body. Your voice flows through three interconnected systems:

- Respiratory: breath and support
- Phonatory: vocal folds producing sound
- Resonatory: chest, throat, and head cavities shaping tone

Your voice doesn't move up and down—it moves forward and back in the throat. Let go of the up-down mindset to unlock your full range!