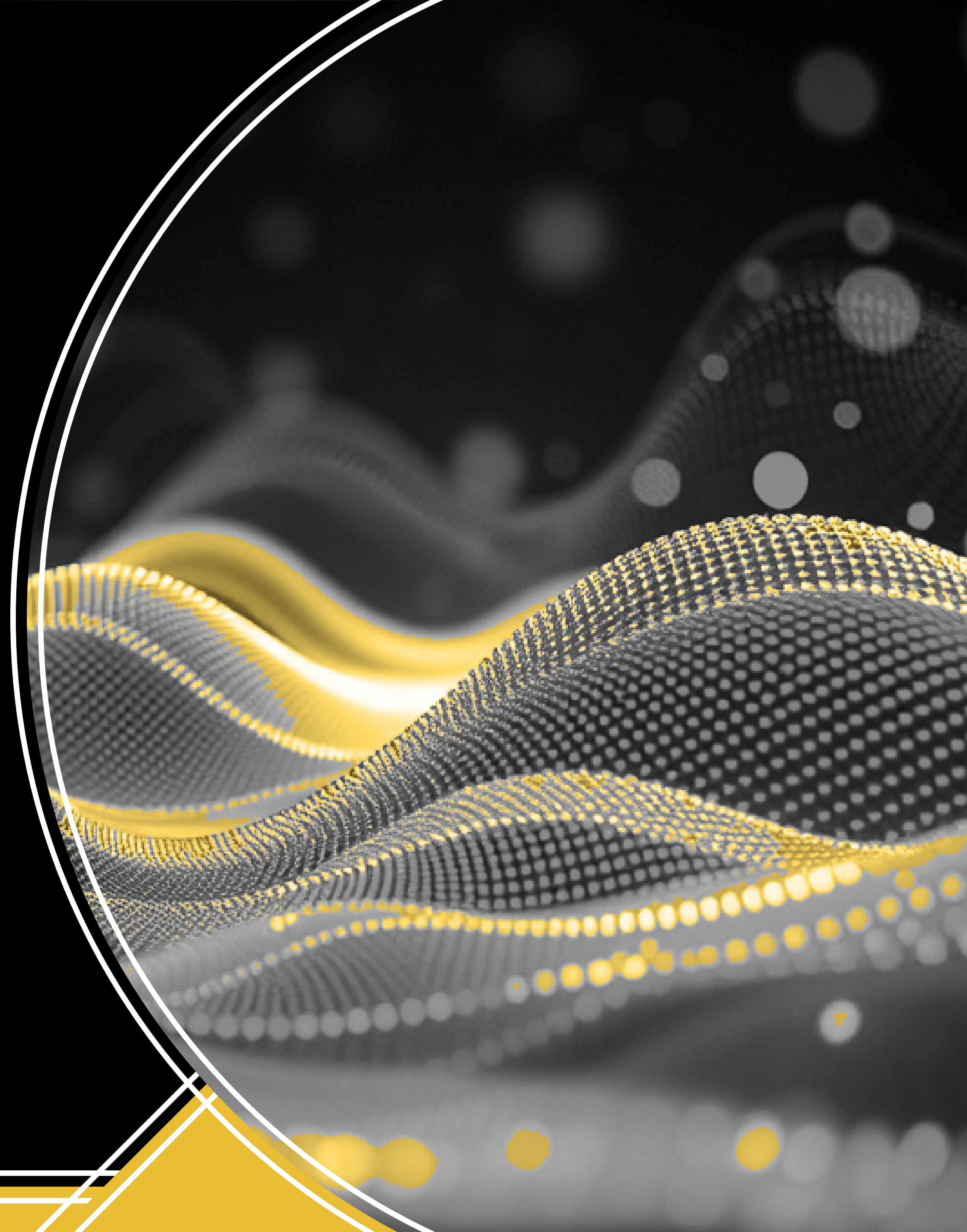


VOXSANA
p r e s e n t s

MODULATE TO MOTIVATE

MASTERING VOICE FOR
AUTHENTIC IMPACT

With TEDx vocal coach and Toastmasters contributor Jill Mitchell





TONIGHT WE'LL COVER

- What voice modulation really is.
- Why it matters.
- How to apply it effectively.

WHAT IS VOICE MODULATION?

THE ART OF VARYING EXPRESSION TO ENGAGE YOUR AUDIENCE AND ADD EMOTIONAL MEANING TO YOUR MESSAGE.

- **Pitch:** High vs. low
- **Pace:** Fast vs. slow
- **Volume:** Loud vs. soft
- **Tone:** Emotional & sound quality
- **Prosody:** Rhythm & musicality
- **Pauses:** Strategic breaks
- **Emphasis:** Key words or syllables



WHY MODULATION MATTERS

- Engages audience
- Clarifies meaning & intent
- Highlights key takeaways
- Builds emotional connection
- Brings stories to life
- Signals calm & confidence

HOW TO MODULATE EFFECTIVELY

THE SECRET TO AUTHENTIC,
ENGAGING DELIVERY

1. **Open & Free Voice**

Physical Freedom

2. **Connect To Purpose**

Emotional Fuel

Open Voice = Instrument / Purpose = Music



HOW DO YOU KNOW YOUR VOICE IS OPEN—OR CLOSED?

- **Closed:** Vocal fry, mumbled speech, strained, tight throat/jaw, raspy
- **Open:** Resonant, clear, expressive, flowing

If your voice feels tight or restricted, it's normal—and fixable. It usually comes down to habits we can unlearn.



HOW TO OPEN YOUR VOICE

- Understand mechanics (how it works)
- Take care of your voice
- Acknowledge your unique instrument
- Create safe environment



HOW TO FIND PURPOSE

- Why am I speaking?
- Why now?
- Why this message?

Purpose opens voice, drives modulation, and sustains engagement.

PUTTING IT ALL TOGETHER

THE 5-STEP PRACTICE ROUTINE

1. Warm-Up & Connect to Purpose
2. Delivery
3. Self-Review
4. Focused Practice
5. Cooldown & Notes

► Repeat steps 2-4, end on Step 5.

Practice over perfection.

COMMON PITFALLS

WHERE VOICE & PURPOSE
GET STUCK

Breath support

- Plan your breaths, connect to purpose

Projection & resonance

- Ensure vocal foundation, relaxation

Tone & emotional presence

- Reconnect to purpose

Pace & fillers

- Breathe instead of “um”

Nervous/robotic delivery

- Anchor in purpose

Mistakes are normal. Stay connected to purpose and remember to warm-up your voice.

DELIVERY TIPS & TOOLS

SPEAKING WITH PRESENCE

Scripts vs. Notes

- Know your style: script or notes

Environment & Medium

- In-person or online: both can be captivating

Body Language

- Gestures & eye contact from purpose
- Natural movements, chat with a friend
- Move intentionally on stage

► Small adjustments = big difference

YOUR VOICE, YOUR IMPACT

- Modulation bridges your message & audience
- Powered by open, free voice + connection to purpose
- Regular practice is key

"Your voice is uniquely yours. Own it, speak, inspire."

VOXSANA
p r e s e n t s

THANK YOU!

voxzana.co

youtube.com/@voxzana

