

WORKSHOP NOTES

Workshop held at David & Kathryn Fennell's home, 29th September

VIDEO VOICE OVER TIPS:

INGREDIENTS FOR A GOOD VOICE OVER:

- Planning
- Posture
- Health – water, rest, breathing
- Relaxation
- Rhythm – connection of statements, flow
- Use of music
- Risk taking, experimentation
- Colour, emotion

VOCAL COLOUR:

- Energy
- Physical connection with and co-ordination of vocal instrument
- Passion for the topic
- Perceptions, background knowledge, sensitivity to the subject
- Imagination
- Relationship with the text
- Engaged, interested, involved
- Fully present

PREPARATION:

- Rested
- Relaxed
- Hydrated
- Centred/focused
- Physical warm-ups : Fluid movements, stretching, cross crawls
 - Energetic yarn
 - Cheek bone massage
 - Lip trills, sirens, 'ngs'

TEXT: What do you want to convey? What do you want them to know?

- Broaden before you narrow
- Think of all the associations
- Create a map – story board
- Group into headings, topics
- Focus on the main points

- Don't over load – 5 points, one focus
- Make sure the vision fits the message

VIDEO VOICE OVER TIPS:

Introduction – body – summary/conclusion

Establish interest, create a common ground, create a comfortable space

Ask questions, make the audience think, have a conversation, add emotional words, use pauses, sound modulation

Don't state the obvious

Use anecdotes

Make the conclusion powerful, persuasive, gentle

Include benefits, emotion

VOCAL PRESENTATION:

Is it casual, serious, etc?

Prepare text – preferably don't read it

Listen to the flow – match emotions, sound quality

Vary rhythm and pace

Always rehearse

Underline important words and ideas

Use hands

Speak with a smile

Be mentally engaged, physically grounded

Use deep well supported breathing

Energised expressive sound

CHECK LIST FOR PRESENTATION:

Focus/ meditation – 30 seconds to a minute

Check posture

See alertly

Physical warm ups – 2 minutes

Vocal warm ups – 5 minutes

Rehearse – over the top

Speak text with full involvement in the text

Reward yourself with positive, helpful, non-judgemental thoughts and language