



FOCUS ON DICTION & DELIVERY WORKSHOP

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Purpose of this Workshop...

- To enhance our public speaking capability by focusing on voice and diction in all elements of our worship service
- To ensure that all in the hearing of the speaker have a clear understanding of what is being said and/or read throughout our worship service





WHY SHOULD WE CARE ABOUT HOW WE SOUND?

- Because we, as worship leaders, have been entrusted with the responsibility of delivering the message to the congregation.
- The content of what we have to say may be very good. If, however, what we say is not understood because of HOW & WHAT we say, our congregation may be distracted and confused.
- The congregation needs to hear and understand what is being said throughout the entire worship service; otherwise, we will lose them. If we lose the congregation, we run the risk of losing the message.
- Most importantly, we are doing God's business. As faithful stewards, we must do all to the glory and honor of God. We want His messages, formal and informal, to be delivered with complete clarity 100% of the time.



WHAT MAKES IT HARD FOR US TO BE UNDERSTOOD?

- Volume Variation: When we begin to speak, we must make sure that we are speaking at a consistent volume level throughout.
- Rate of Speech: If we have a tendency to speak at a rapid rate, then the rate has the potential to negatively impact comprehension and retention.
- Stress & Intonation: The rise and fall on our words as well as the emphasis placed on our words may impact the meaning of what is being said.
- Various Accents and Dialects: We should be aware of the potential impact accents and dialects have on our congregation's ability to comprehend what is being conveyed in the message.



HOW CAN WE BE MORE EFFECTIVE?

- When we prepare to speak before the congregation, rehearsing in advance prepares us to be fruitful communicators throughout our Worship Service.
 - Posture: Ensure good posture; aligning head and neck goes far to insure confidence and clarity.
 - Eye Contact: Establish and maintain good eye contact as you scan the entire room, engaging our congregation.
 - Respiration: Coordinate your breathing and speaking patterns
 - NOTE: Rehearse in front of a mirror
 - NOTE: Be expressive, smile, engage



INTERACTIVE WORKSHOP AGENDA

Morning Session:

- Exercises, tools and techniques will be shared and practiced to enhance confidence and clarity.

Afternoon Session:

- Practice sessions will be rehearsed in a small group format, presented at large, and followed by mass discussion.

THE POWER OF BREATHING

- THE RIGHT POSTURE
- BREATHE DEEPLY
- SPEAK UPON EXHALATION
- PRACTICE, PRACTICE, PRACTICE

DIAPHRAGMATIC BREATHING EXERCISES:

- HAND ON CHEST/HAND ON ABDOMEN
- BALLOONS & BUBBLES
- 1,2,3 BREATHE
- MAT WORK



DIAPHRAGMATIC MAT EXERCISE

- Lie supine on mat
- Place a book on your stomach
- Breathe in through your nose (inhale) and count to 5
- Breathe out through your mouth (exhale)
- *Watch your stomach RISE as you take air in through your nose.*
- Inhale through your nose; exhale on /a/. Prolong this sound until your breath is exhausted.
- With practice, you'll have more air to expel, increasing respiration and improving phonation.

DEALING WITH STAGE FRIGHT?

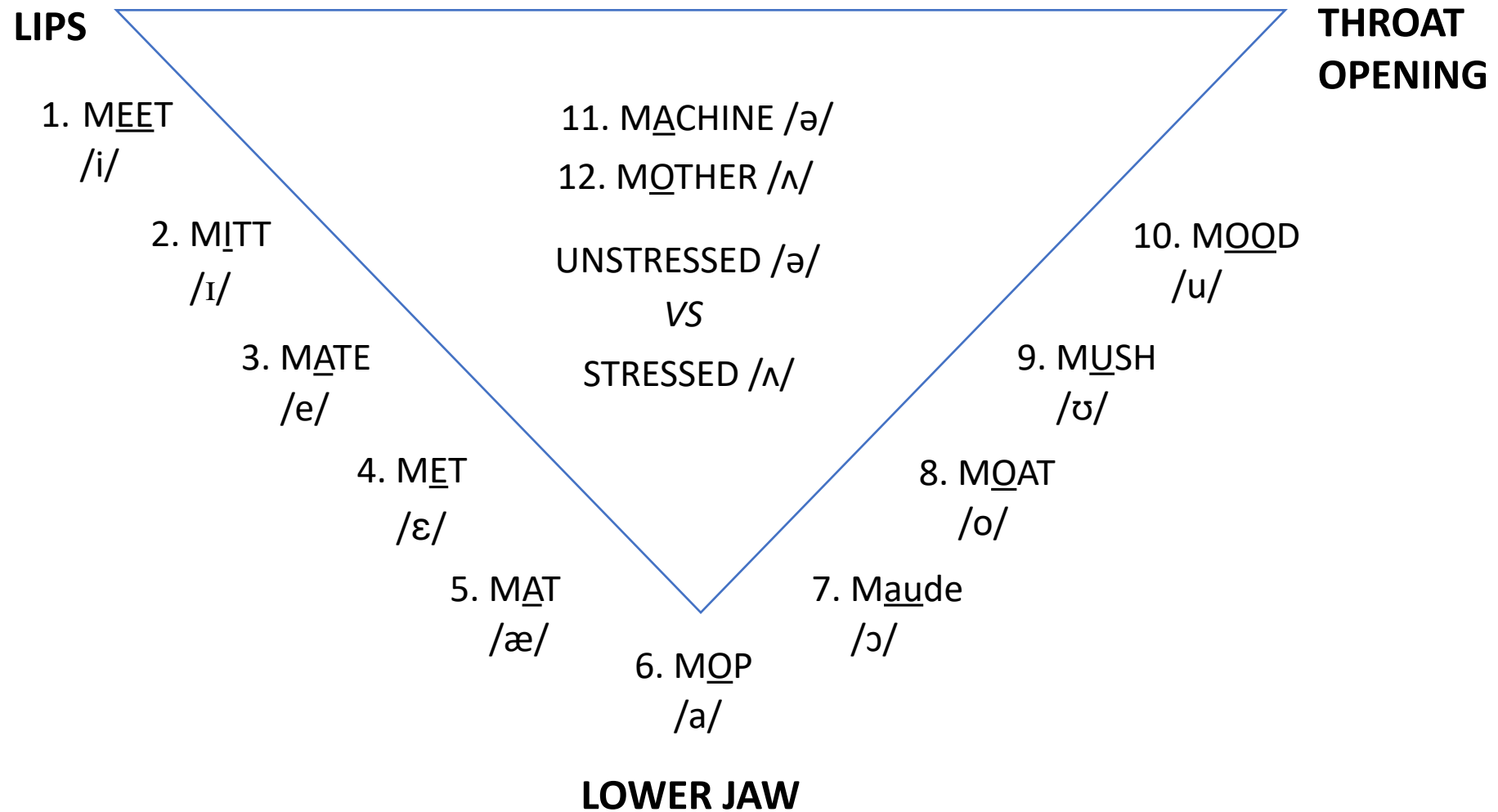
- Deep inhalation helps us to be engaging & creative
- Deep inhalation helps us to focus concentration
- Deep inhalation helps us to slow our heart rate
- Brain function will improve due to good oxygenation

CALM YOUR NERVES

- BE PREPARED
- KNOW YOUR VENUE/AUDIENCE
- PRACTICE (WITH A MIRROR OR FAMILY MEMBER)
- SEE YOURSELF AS A SUCCESSFUL MESSENGER OF GOD
- THINK POSITIVELY (YES I CAN, WITH PRAYER AND CONFIDENCE)
- BREATHE DEEPLY BEFORE SPEAKING
- KNOW YOUR OPENING

VOWEL CHART

By Jill Diamond





ORAL MOTOR MOVEMENTS

- NO TOOLS REQUIRED...
 - NONSENSE SYLLABLES
 - VOWELS
 - CONSONANTS
- TOOL REQUIRED (YOUR PERSONAL PHONE OR A MIRROR)
 - LABIAL MOVEMENTS
 - LINGUAL MOVEMENTS
 - MANDIBULAR MOVEMENTS

NONSENSE SYLLABLES

	A	E	I	O	U
1)	Ba	Be	Bi	Bo	Bu
2)	Da	De	Di	Do	Du
3)	Fa	Fe	Fi	Fo	Fu
4)	Ga	Ge	Gi	Go	Gu
5)	Ha	He	Hi	Ho	Hu
6)	Ja	Je	Ji	Jo	Ju
7)	Ka	Ke	Ki	Ko	Ku
8)	La	Le	Li	Lo	Lu
9)	Ma	Me	Mi	Mo	Mu
10)	Na	Ne	Ni	No	Nu
11)	Pa	Pe	Pi	Po	Pu
12)	Qwa	Qwe	Qwi	Qwo	Qwu
13)	Ra	Re	Ri	Ro	Ru
14)	Sa	Se	Si	So	Su
15)	Ta	Te	Ti	To	Tu
16)	Va	Ve	Vi	Vo	Vu
17)	Wa	We	Wi	Wo	Wu
18)	Ya	Ye	Yi	Yo	Yu
19)	Za	Ze	Zi	Zo	Zu



ORAL MOTOR MOVEMENT EXERCISES

LABIAL MOVEMENTS:

- Pucker
- Spread
- Pucker and Spread
- Open Mouth and Close Gently with Lips Touching
- Labial Squeeze/Press
- Labial Push (tongue depressor used here)
- Labial Swish (move lips from side to side)

LINGUAL MOVEMENTS:

- Protrude
- Retract
- Lateralize with and without Twizzler
- Lingual Tip To Alveolar Ridge
- Palatal Sweep
- Lingual Clicks
- Lick Tongue Depressor without Moving Head
- Lingual Sweeps (Maxillary/Mandibular/Combined)
- Sucking

MANDIBIBULAR MOVEMENTS:

- Jaw Opening
- Side to Side
- Circular Movements
- Chew Gum



TONGUE TWISTER EXERCISES

- **B-Words: Betty Bought a Bit of Butter, But she found the Butter Bitter, so Betty Bought a Bit of Butter to make the Butter Better**
- D-Words: Did Doug Dig David's garden or Did Doug Dig Doug's garden?
- F-Words: Four Furious Friends Fought For the Phone.
- **H-Words: How was Harry Hastened so Hurriedly from the Hunt?**
- J-Words: James Just Jostled Jean gently.
- K-Words: My Cutlery Cuts Keenly and Cleanly.
- L-Words: Lucy Lingered, Looking Longingly for her Lost Lap dog.
- **P-Words: Peter Piper Picked a Peck of Pickled Peppers. If Peter Piper Picked a Pick of Pickled Peppers, where's the Peck of Pickled Peppers that Peter Piper Picked?**
- Q-Words: Quickly, Quickly, Quickly, Quickly, Quickly
- S-Words: Sister Susie Sat on the Sea Shore Sewing Shirts for Sailors

For more information, go to: buildingvoices.com.au

THOUGHT CHUNKING?

- How we deliver messages:
 1. Grouping words
 2. Pausing on “KEY” words for emphasis, stress & intonation
 3. Pacing our words — slow or fast, but never to the point of unintelligibility

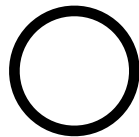


Chunk THIS...

“Today I’d like to talk to you about simplicity. How many of you in this room think this matters? Let me see a show of hands. What are you doing to create long-term happiness?”

/

Use a slash whenever you think a pause is needed. Some pauses are indicated by commas and some are not. It is where YOU deem it should be in your message.



Circle the key word(s)...the word(s) you want to emphasize or stress.



Underline the pacing spots where you should slow down or speed up.

Chunk THIS...

"Today / I'd like to talk to you about simplicity. How many of you in this room / think this matters? Let me see a show of hands. / What are you doing to create long-term happiness?"



Now You Chunk THIS...

CHUNK #2:

Think about your life. Is there clutter? Ask yourself about the things you value. Prioritize them. Let go of unnecessary things.

CHUNK #3:

Am I asking you to stop having fun? No. But if we voluntarily simplify our lives, we can experience more of what we have.



PRACTICE MAKES PERFECT

Try practicing all these exercises 3x per day. Each time you practice, challenge yourselves to improve your oratory skills!

THANK YOU FOR YOUR
PARTICIPATION!

| GOD BLESS YOU!

AFTERNOON BREAKOUT SESSION

Scripture Readings, Announcements, Welcome...



PRACTICE DELIVERY (pick one)

Announcements:

Be engaging while being mindful of the need to maintain a worshipful experience. *Today's announcement: The youth will be meeting today after church to discuss plans for our Youth Extravaganza next month. We ask that all youth remain after church for 20 minutes.*

Prayer for the People:

This is a prayer that is for all people. For example this may include our nation, our leaders, and mankind. This is not intended to be our personal pray time. Brevity aids in retention, and helps all to maintain focus and attention to the prayer's intent.

Offering and Prayer:

This is a vital part of worship. Announce with enthusiasm and grace. Prayer should focused on the gifts & the giver. Keeping it brief aids in retention. Though we may be tempted, this is not where we pray for our loved ones, for example.

Introducing a praise song:

Do this with enthusiasm and joy! Invite and entreat all to join in praise & worship. *Today's praise song: "Jesus Loves Me"*

Scripture Reading:

Read the Word of God with emphasis, stress and intonation. *Today's scripture reading: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, to give you a future and a hope." Jeremiah 29:11 (NIV)*

Welcoming Visitors:

Be inviting, warm and personable through our words, expressions and body-language. Envision Christ kicking at the door of you heart. How would you welcome Him in?