

*Pitch Perfect Executive Speaking presents -*



## **3 Ways to Level Up Your Voice and Stage Presence!**

#1 - To combat stage fright, shrinking and a loss of personal power, make some physical changes. Ensure that you sit or stand tall with an upright posture. Expand your ribs, widen your body, and take up more space!

#2 - To have a better sounding voice that people will listen to, imagine and feel as if your voice is coming from your mouth and not your throat. Always be thinking of your voice coming up and forward.

#3 - You may find yourself in back to back Zoom meetings all day long. Take just one minute in-between each meeting to breathe and set an intention for the meeting - what are you there to contribute?

**Want More? Are you Ready to get the support you need to be a Confident and Influential Speaker and Presenter?**

Contact Dr. Miluna at <https://www.milunafausch.com/>

©MMXXII. Dr. Miluna Fausch & Pitch Perfect Executive Speaking LLC