

## UNLEASHING THE POWER OF YOUR VOICE – Podcast - An interview with Barbara Houseman, international theatre and business voice coach

[Previous](#) | [Next](#)  
&nbsp;

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Our voice - both in terms of what we say and how we say it - is one of the main ways in which we express ourselves. It has the ability to carry what we feel and think on the inside to the outside world. But often, by the time we are adults, our voice has become constrained and does not necessarily reflect who we truly are. Finding our own voice again can help us to communicate in an authentic and memorable way which engages and inspires others.

The full interview with Barbara houseman will help you unleash the power of your voice. The full interview lasts 35 minutes (approx) and can be purchased from [Roger's store](#).



Barbara has worked in the theatre for over twenty-five years both as a voice coach and as a director. She spent six years in the world - renowned Voice Department at the Royal Shakespeare Company, working with actors such as Kenneth Branagh, Derek Jacobi, and Antony Sher. She then became Associate Director at the Young Vic theatre in London, with special responsibility for voice. She now works freelance coaching voice and acting. Her first book Finding Your Voice was published by Nick Hern was forward by Kenneth Branagh.

Barbara's business clients include executives in many world leading firms.

The questions we discuss in the full interview (available for purchase) include:

- What are the components of the voice and why are all voices different?
- Does the quality of you voice change depending on how you are using your body language?
- Does the quality of your voice effect how you are perceived?
- If you are feeling tense about a situation, (a presentation or a meeting) how can you use your voice to best effect rather than sound nervous?
- How can you improve the quality of your voice if you mumble, speak too quickly or have a monotone voice?

- When should you pause when speaking?
- How can you project confidence with your voice?
- When is it best not to use a microphone when giving a talk?
- How can you best project your voice?
- What are voice resonance?
- Does your voice reflect who you are?
- Plus a few simple exercises to improve your voice.

Purchase the full interview from [Roger's store](#).

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&nbsp; [Previous](#) | [Next](#)

&nbsp; [Back to top](#)