the power of the voice

Drs. Elizabeth Ebbink

Elizabeth Ebbink

Drs Elizabeth Ebbink

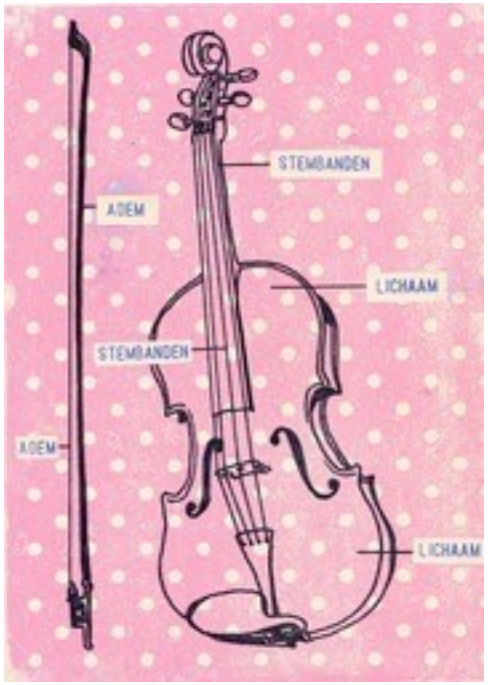
voicecoach

elizabethebbink@gmail.com

@elizabethstem

the voice as an instrument

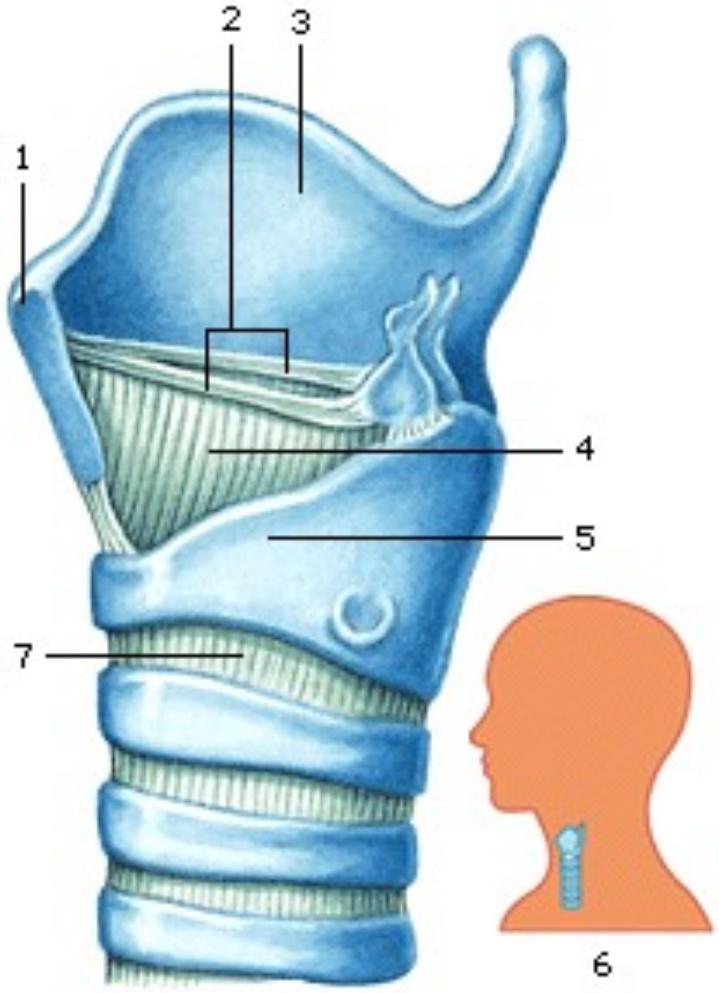
the strings	– vocal chords
the bow	– the breath
the violin case	– the head and body



describe a voice

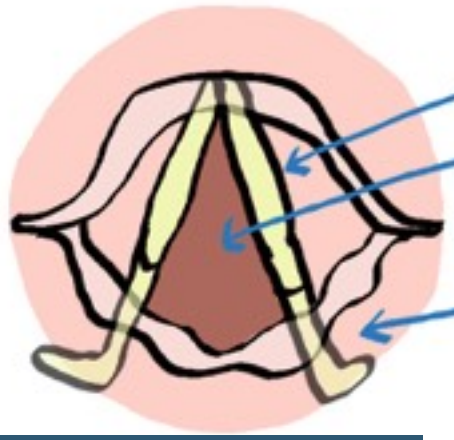
loud	soft
fast	slow
high	low
sharp	hoarse
varied melody	monotonous melody
melody ends higher	melodie ends lower
streaming sound	intermittend sound
pauses long	pauses short of non existent
variation	repetition

anatomy of the larynx



1. adam's apple
2. vocal chords
3. thyroid cartilage
4. ligaments
5. cricoid cartilage
6 . location in neck
7. windpipe

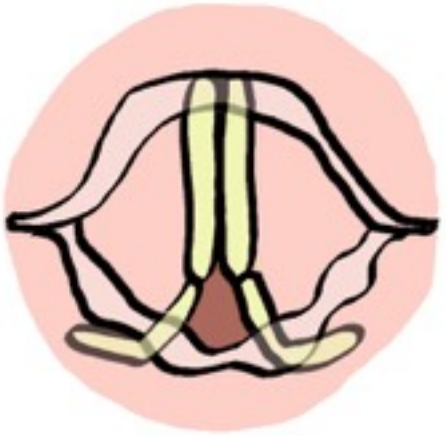
anatomy vocal chords



vocal chords
lungs

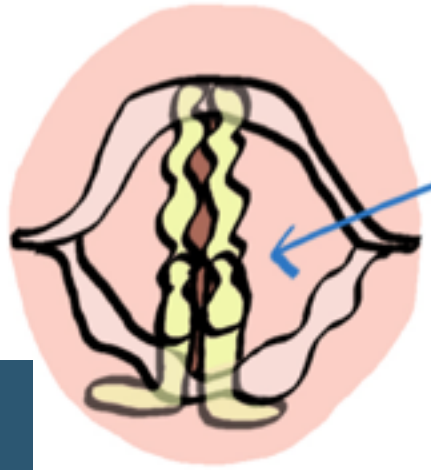
arytenoïds

breathing:
open

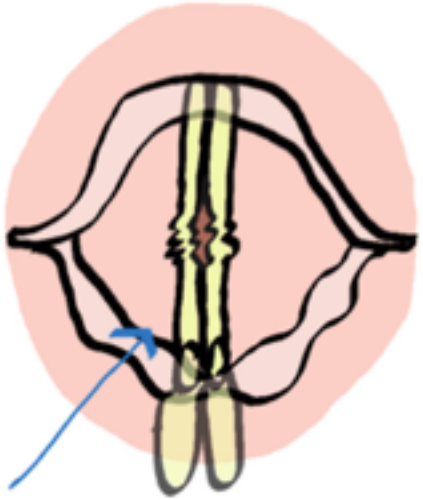


sighing,
whispering:
semi-closed

low and high: length and thickness



low:
long and loose

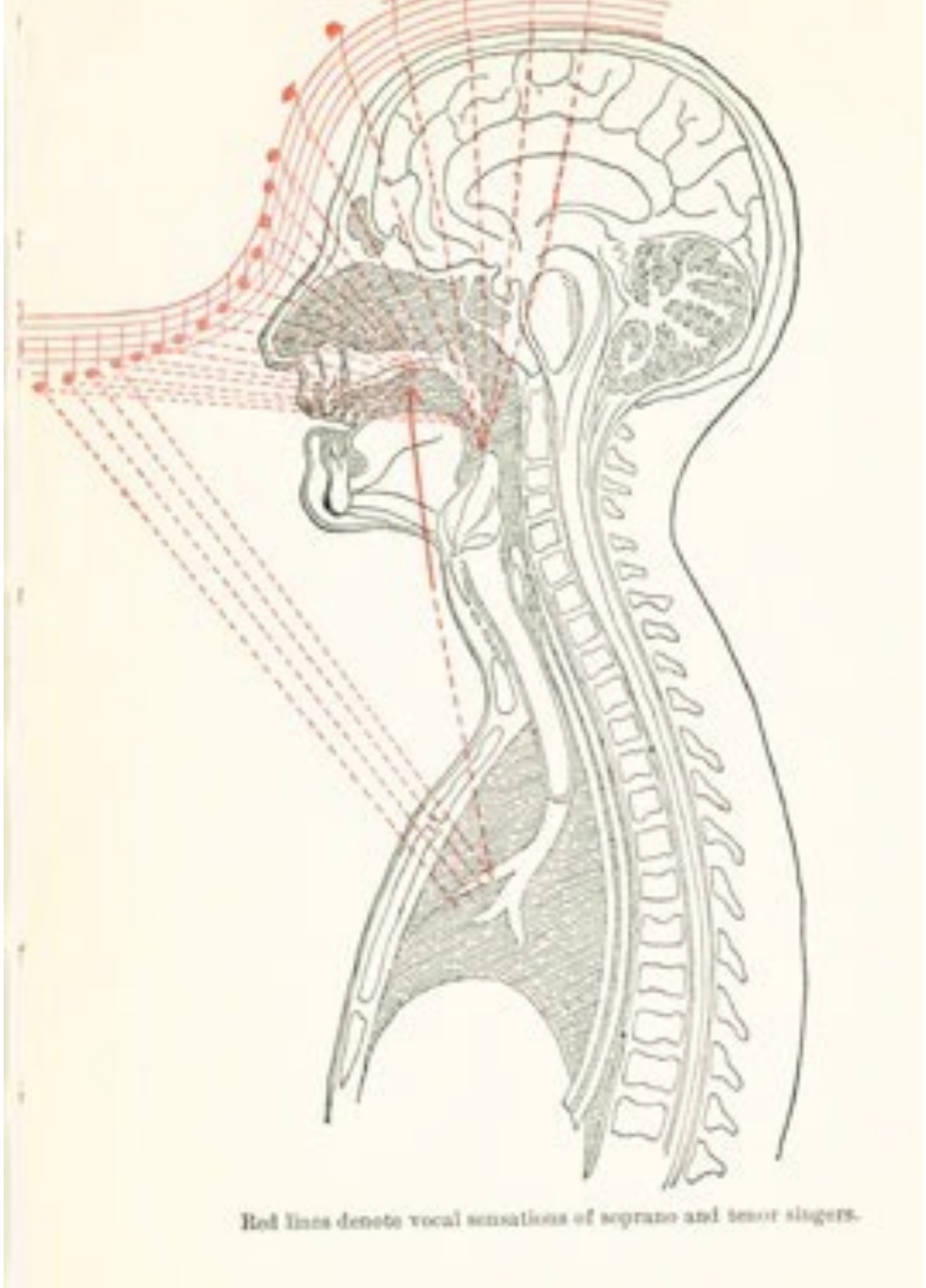


high: short and tight

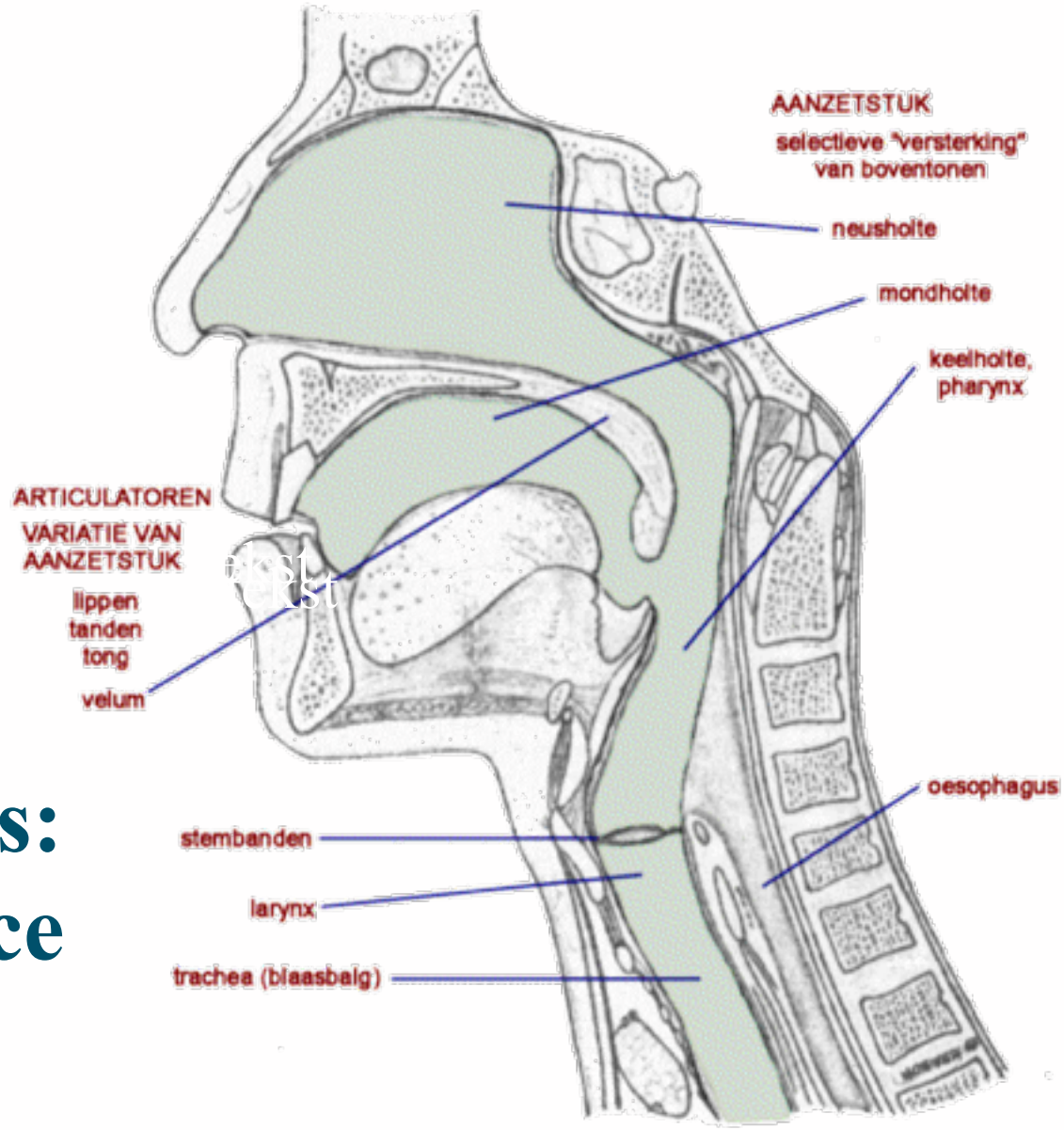
♂ : 2-3 cm

♀ : 1,5-2 cm

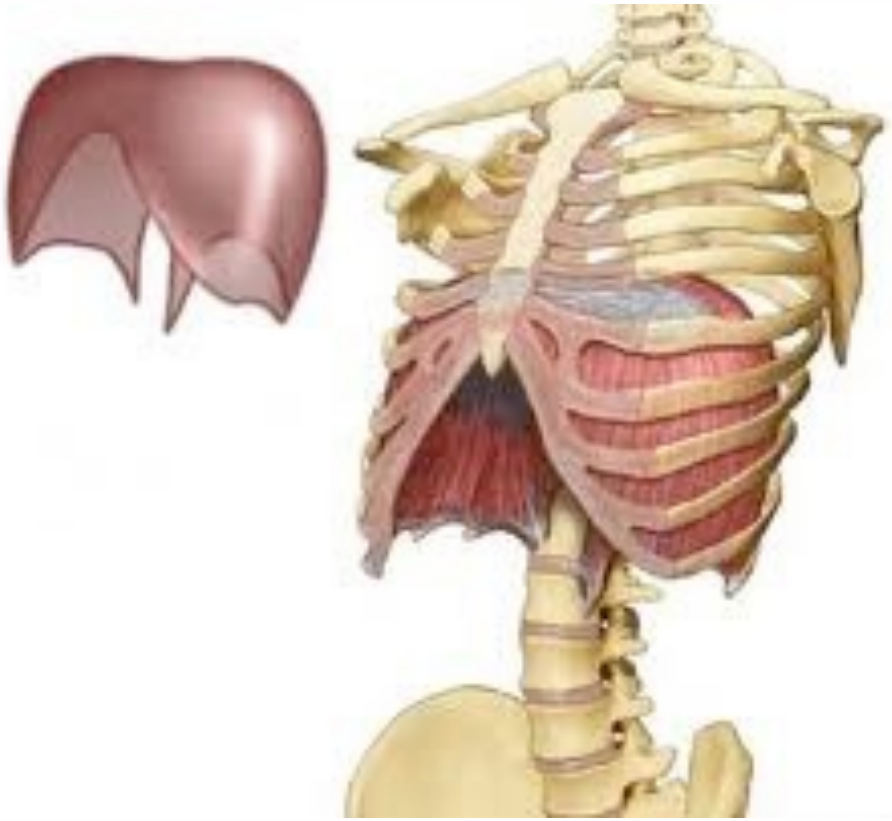
resonance: where do you feel the sound

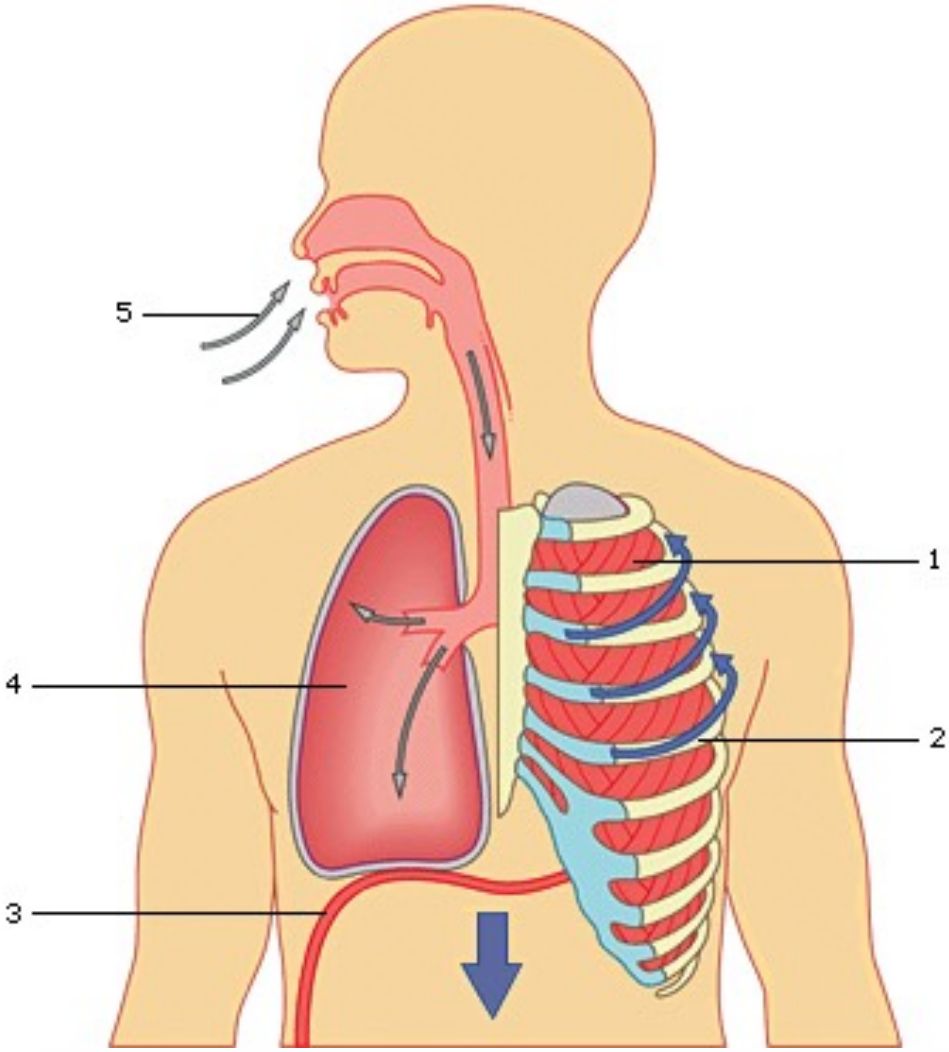


resonance
high frequencies: penetrating voice



resonance
low frequencies:
Warmth and trust



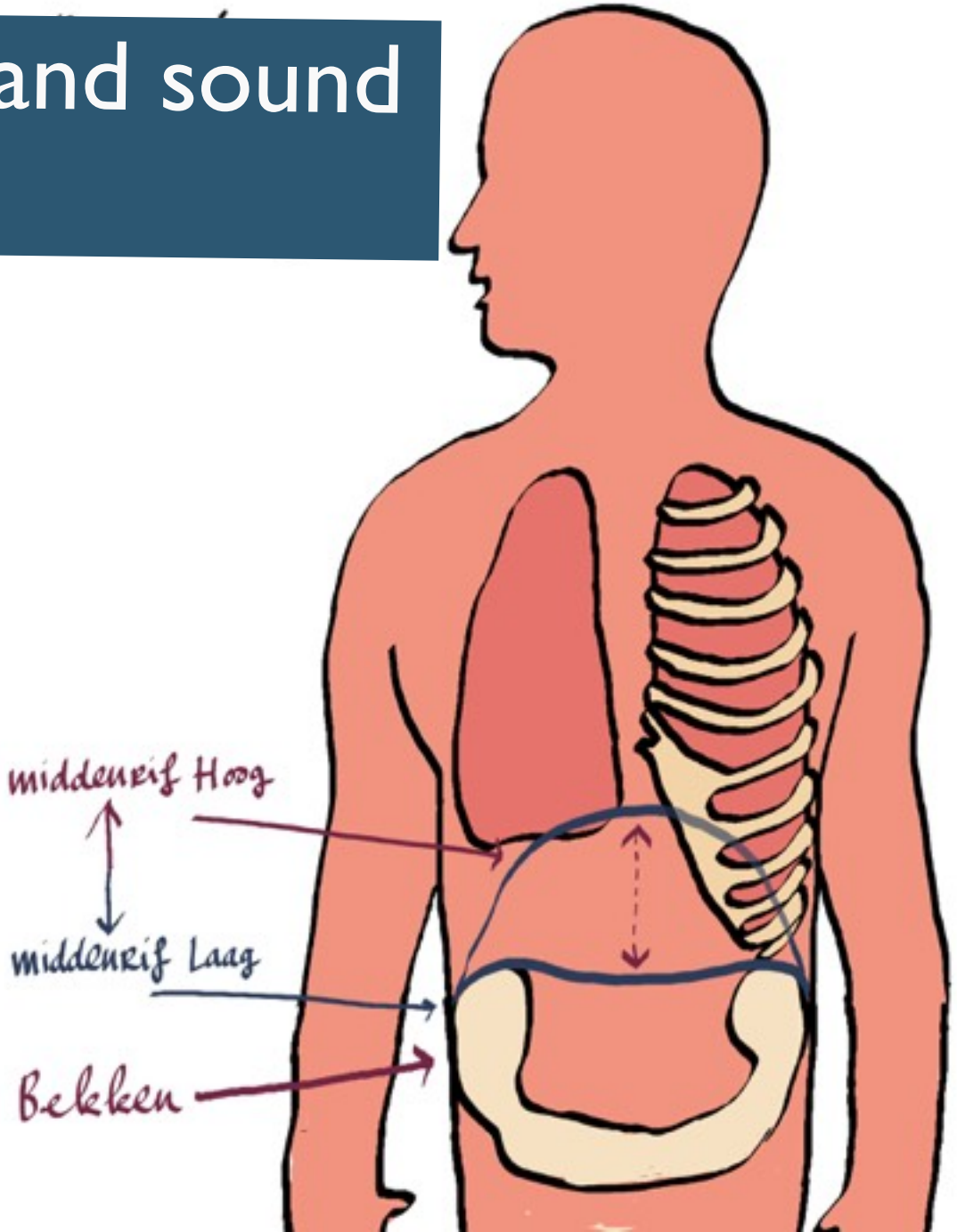


diaphragm and lungs

posture and sound

Margaret Thatcher in 1961

Margaret Thatcher in 1990



high and low

- high voice without low notes
- Beth Behrs

- low voice without high notes
- Yvo de Boer
- Lady Gaga

high and low peaks

- High peaks: contact, interest, sociable
- absent: indifferent, no commitment

- Low peaks: security, reliability, expertise
- absent: insecure, uncertain

- Barack Obama

Hugh Laurie

loud and soft

- **loud: powerful**
- ‘decibel’ loud: clarity, comprehensibility
- ‘air pressure’ loud: pushy, intrusive, pinched sound
- **soft: small**

- however:
- Accepted power is very soft, very low and very slow
- Nout Wellink

sharp and hoarse

- hoarse: intimate, personal, also restrained and reserved
- Joanna Lumley

Lexi Gray and Mark Sloane

- sharp: impersonal, businesslike
- Jeremy Paxman and Sting

fast and slow

- fast: hurried, small, content unimportant
- slow: authority, importance, content

but also

- fast: youth, active, city: Otelli Edwards

- slow: tedious, old, country life: David von Drehle

what does your message tell us?

what the voice tells us

loud: power

soft: small, need support

high: kind, young

low: expertise, older

high peaks: contact

low peaks: security

sharp: clear, businesslike

hoarse: intimate

fast: hurried, powerless

slow: grand, content

contact

To make instant connection imitate

tempo

pitch

volume

Jeremy Paxman and lord Conrad Black

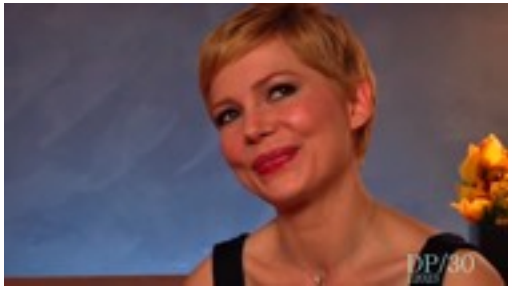
fake male voice

- Kirsten Dunst

Ann Hathaway

- Natalie Portman

Michelle Williams

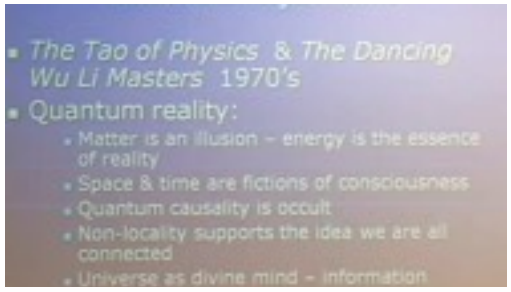


role models for women

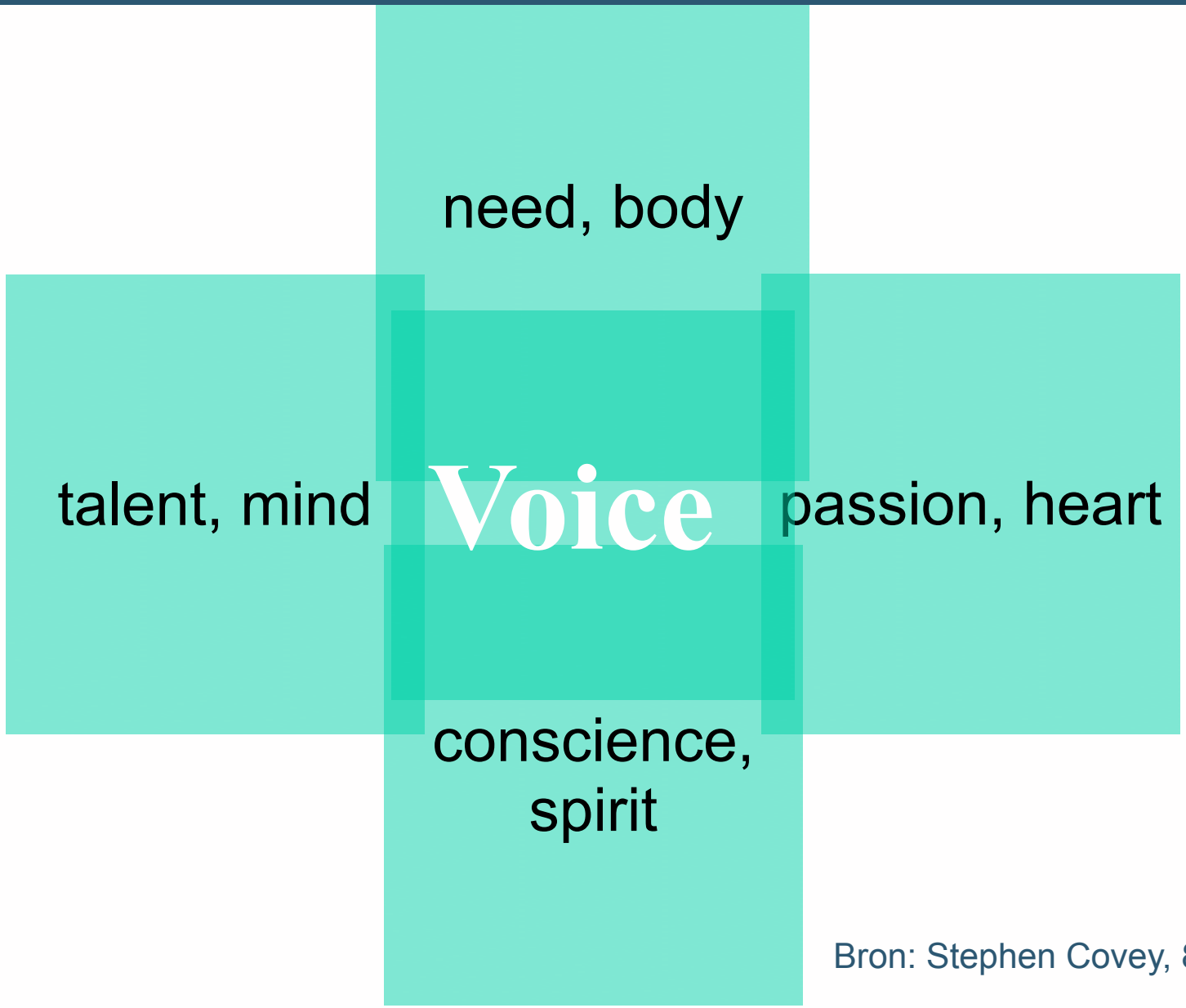
- Angela Merkel

- Susan Greenfield

- Courtney Raya



find your voice



Bron: Stephen Covey, 8th Habit

reassurance:
And they lived happily ever after

Are you sitting comfortably? Then I'll begin

connection with the audience

- Claudio Baglioni in 2001, live in Napels

Ik hoor het aan je stem

12,50 euro

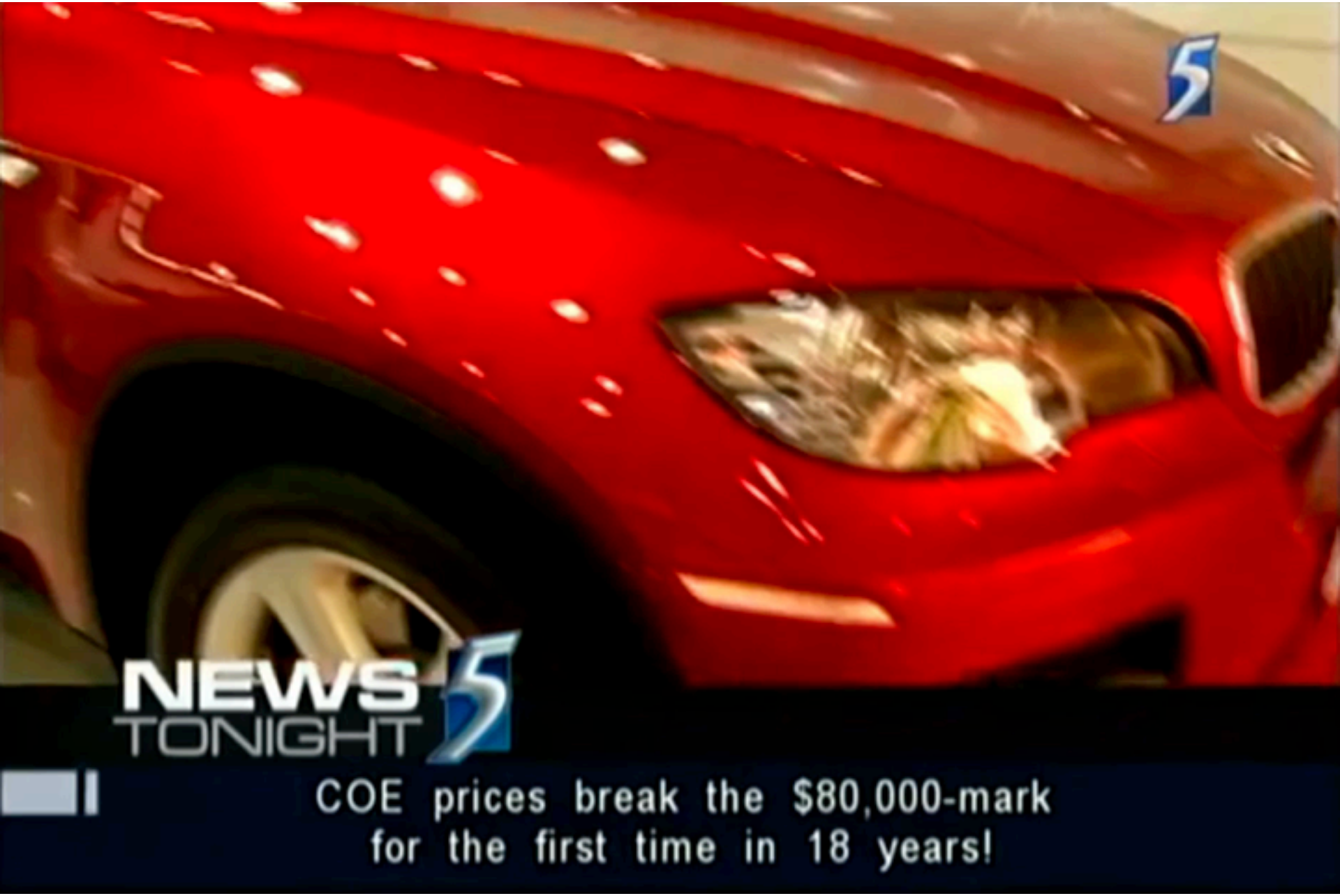
S25030701-1 93044
www.itnsource.com

DW-TV

brand new

abc

NEW
YONKER


NEWS 5
TONIGHT
COE prices break the $80,000-mark
for the first time in 18 years!

HARRY S. TRUMAN
LIBRARY AND
THE
PUBL
manlibrary.org

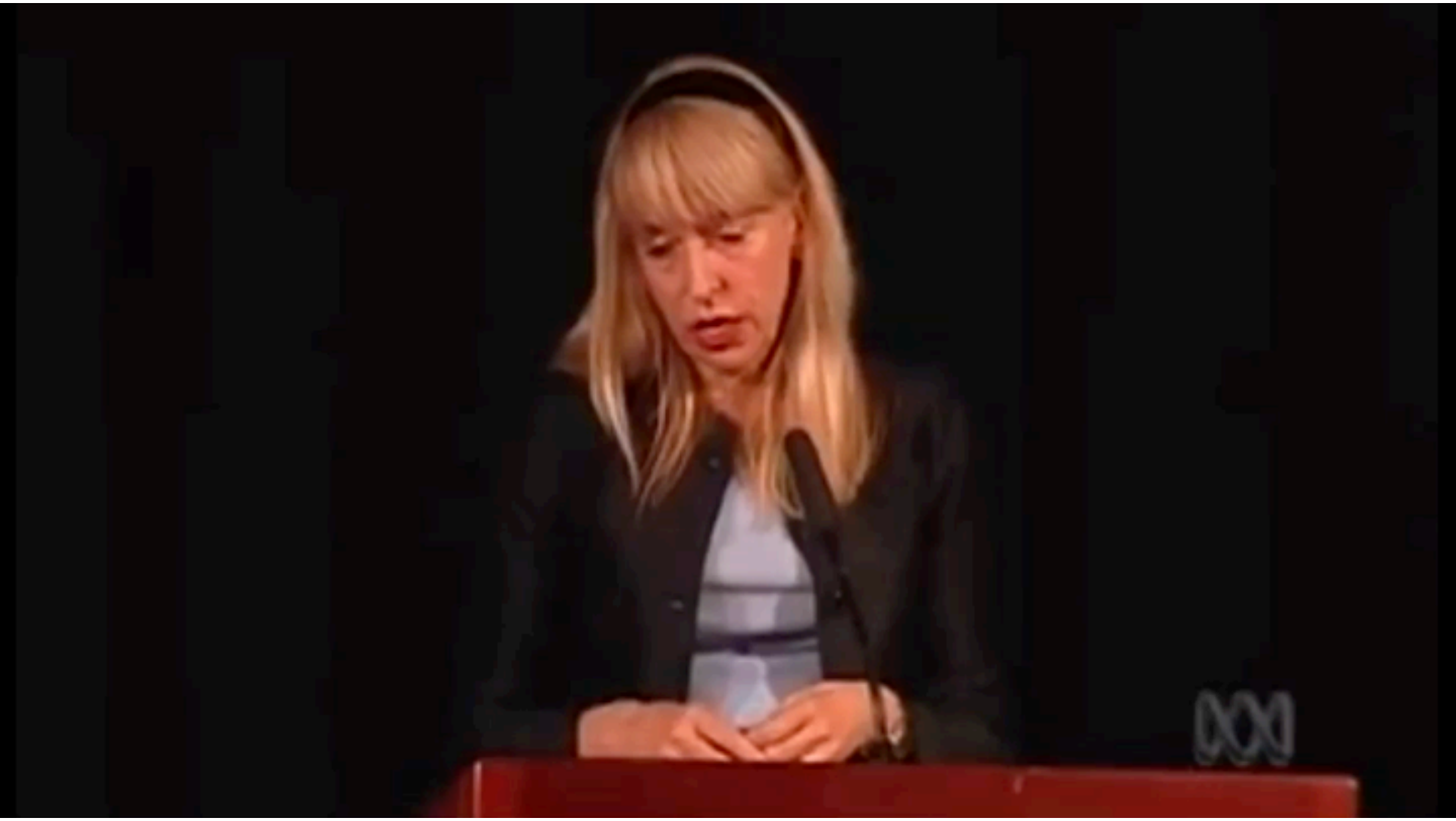
BBC

DP/30

STREEP
HATHAWAY
THE DEVIL WEARS PRADA
Anne Hathaway

DP/30

DP/30
12023



Quantum Mysticism

UCLA

- *The Tao of Physics* & *The Dancing Wu Li Masters* 1970's
- Quantum reality:
  - Matter is an illusion – energy is the essence of reality
  - Space & time are fictions of consciousness
  - Quantum causality is occult
  - Non-locality supports the idea we are all connected
  - Universe as divine mind – information structures energy

SNS REAA