Full Voice

**Intentions:**
Shift the way you think about voices – yours and others’
Introduce the Five Elements Framework
Look at your own voice using the framework
Offer you tools and practices for cultivating your Full Voice in the future
The Fire Voice

Passion
Personal Power
Vitality
The Water Voice

Caring
Compassion
Affirmation
The Metal Voice

Clarity

Focus
The Air Voice

Inspiration
Possibility
Spiritual Connection
Bringing It Home

Pay attention to how you use your voice in different situations
Bringing It Home

• Pay attention to how you use your voice in different situations

• Experiment with using the five elements to enhance your message

• Sing. Make a play list you can’t resist singing along with

Recite poetry to practice more expressive speech

Ask me for the Five Elements practice mp3
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Recite poetry to practice more expressive speech
Ask me for the Five Elements practice mp3
When you were born, you cried
And the world rejoiced.
Live your life so that when you die,
The world cries and you rejoice.

Words: Kabir
Music: Jody Healy