

THE WOMAN'S VOICE

MISSION GENDER EQUITY MASTERCLASS SUMMARY



MOVING AHEAD



Keynote takeaways from Patsy Rodenburg:

The world-leading voice coach, Patsy Rodenburg OBE, reassured us that we're all born with amazing presence. Societal norms and past experiences prevent women from utilising their natural voice, leading to the lack of confidence so many of us experience in the workplace. Patsy encouraged everyone to see the potential in our own voices, and the importance of speaking well to convey confidence and power. The session provided many insightful tips and practical takeaways to help open the rib cage, calm the breath, and ease the mind. By practicing breath work, we can regain our power, energy, and centre. And the best part is that most of these exercises can be done without anyone else noticing, or even in the loo before that big meeting.

We hope that you can use these tricks to enrich your mentoring journey by reconnecting with your presence, helping to build your confidence and find your authentic voice.

Five things we learnt:

01. The three circles of energy

When we're in the first circle, our bodies are slumped down and our voices are drawn in. While people in this position are good listeners, it's hard to be heard. In the second circle, your spine is aligned and you're looking outward; you're open to the world and it to you. The third circle is an outward position that's so big you're no longer listening. We want to be in that second circle.

02. Power starts in the spine

A centred body frees the voice, reduces tension, and creates a more impressive presence. Get your spine into position by grounding your feet on the floor, under your hips. Then, stand or sit with your weight slightly forward on the balls of your feet and your knees softened. Your spine should be straight, neither rigid nor slumped.



03. Everything is better when you take a breath

When you breathe in, you gather your power. Regularly practice breath exercises. One you can do when you're in a stressful meeting is to gently push against a wall or table and breathe into your back. Great leaders take the right to breathe.

04. Warm your voice up

The muscles in your throat and mouth need warming up for you to make the most of your voice. You can do this by humming gently with your lips softly pursed. An effective way to improve diction is to silently mouth the words of a text; it can be a speech or just your introduction. Don't be shy to play with your voice!

05. No great speaker prepares silently

Practice aloud. Find a point across the room and practice sending first your breath in an arc towards it and then your voice out. Make sure you're getting to the end of every word and pronouncing each syllable.

Upcoming dates for your diary:

- ▶ Mentee networking events – 7th February

[REGISTER HERE ▶](#)

- ▶ Mentor networking events – 9th February

[REGISTER HERE ▶](#)

- ▶ Mentee and mentor networking – 28th February
– more details to follow



Don't forget to complete the Early Check-In Survey
which closes today!

“The breath powers
the voice, the mind
and the heart”

Patsy Rodenburg OBE

Access the resource hub [here](#)

Password: Flagship22-23

We're excited to announce
**Patsy's new book on
The Woman's Voice** will be
published on 9th February,
you can pre-order your
copy [here](#)

