

Give Voice to Your Dreams



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Voice & Communication Expert

Stephanie is a classically trained singer turned voice, presentation and sales coach. She moved to New York City and performed in operas, musical and cabaret before creating her business, The Empowered Voice. For over 20 years, she has helped singers, speakers and business professionals leverage their voice for more influence, authentic connections and increased sales. Founder of Empowered Business Networking, Stephanie also trains business professionals in her proprietary Power Partner™ process to create intentional partnerships that open doors. Whether performing on stages or speaking in the boardroom, Stephanie's mission is to help people be the voice of their passions.

I was wearing a foam green ballerina tutu, white tights, and holding a wand with a star on top, little ribbons waving in the air. I sang a solo set to the tune of "Twinkle, Twinkle, Little Star". The parents of the kindergarteners clapped happily when I was done. After the concert was over, several of them told me what a wonderful voice I had.

I felt special – and noticed.

This was the first moment I recognized the power of my voice. This moment sparked a dream - a dream of singing and being in the spotlight.

As I grew older, I followed this dream - singing in choir, becoming Drum Major of the marching band, landing leading roles in the school musicals, receiving a Masters in Vocal Performance from Illinois State University, singing in Italy, moving to New York City and performing on stage, becoming President of the Board at a local theater company, starting my own contemporary A Cappella group, "Drop the Mic".

This has all led to creating my own business helping entrepreneurs find and use their voice to make a bigger difference in the world.

Your voice affects every single interaction you have, and it is not just your physical voice that matters.

- You have an inner voice that talks to you all day long.
- You have a physical voice that shares those thoughts with others (consciously and unconsciously).
- You have a written voice that is reflected in your marketing materials, your blog, your social media posts, your emails, etc.

How are you using your voice to fulfill your dreams?

A couple of years ago, I started asking myself if I made the right choices along the way. Should I have left New York City? What would my life be like if I had stayed there instead of getting married and starting a family?





This led me to a creative project I never dreamed I would tackle. I wrote my own one-woman musical called "Stage Dreams - The Musical" complete with 9 original songs.

In this story, I go back to New York City to audition again. As I wait in the audition holding room, I re-live some painful memories of my childhood that open my eyes to how far I've come and how powerfully I have used my voice to create the life I truly desire.

In writing this show, I used my voice to heal my pain and to keep moving forward toward my current dream – to continue make a difference with my voice as a singer, a trainer, and a leader in my business.

My journey includes singing – but I find that this process of uncovering your voice, using it, and allowing yourself to share your truth is necessary for all of us in business.

Our authentic voice draws forward our ideal clients – those who we are meant to support. It also allows us to create the business and the life we desire.

So how do we find our authentic voice? How do we give voice to our dreams?

Based on my journey, I created the Empowered Voice Method to help get you started.

1. Tap into your Spiritual Voice/Inner Voice

Uncovering this voice is about slowing down and focusing within long enough to hear it. We are often so busy; we don't give ourselves time to feel our feelings. Where are you feeling stuck? What energizes you? What are you doing to manage your energy as you go through your day? I use different journaling techniques to slow down and tap into my inner voice. This helps me create clarity on my next steps and to receive guidance. Use whatever techniques work for you such as prayer, meditation, long walks, bubble baths, exercise, etc. If you are using these activities intentionally (and not just as an escape), it's a great first step to connecting to your inner voice.

2. Tap into your Physical Voice

Your speaking voice creates energy that touches people. What kind of energy are you sending into the world? When someone sees you speaking, do you look confident? Does your body language match your message? Make sure you are taking deep breaths to support your sound when you speak. Try to keep your throat open and relaxed to minimize fatigue. I want everyone to love the sound of their own voice. Finding a good voice coach to assess you and give you physical warmups will help you develop good habits.

3. Tap into your Mental Voice

These are the words you choose to use when you communicate. Powerful communicators are intentional with their words and the format of delivery. Do you want to entertain, inform, or influence? Who is your audience? What values do they hold? A powerful methodology I use to write marketing copy and create influence while speaking is B.A.N.K. This is a personality-based communication tool that has been scientifically validated to predict someone's buying behavior in less than 90 seconds. I can speak to a room full of people and create a balanced presentation, or I can tailor my conversation to the individual in front of me based on what they care about most.

Finding your voice is a journey, not a destination. As I discovered in "Stage Dreams", your dreams are meant to guide you to that next project and opportunity. You might even be surprised along the way. What's most important is that you are willing to discover that voice and use it every day. That unlocks the power of giving voice to your dreams.

"If you can dream it, you can do it." -Walt Disney

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