Stephanie Bonte-Lebair

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.

Love the Sound of Your Voice

Do you love the sound of your voice?

This isn't a trick question meant to check your ego.

When you hear your voice on a recording, do you love how it sounds?

When you write a blog, social media post, or marketing email, do you love the energy of your voice in the message you are sharing? When you use your voice with other people, do you love how you feel?

If you answered anything other than a resounding "Yes!" to each of these questions, this article is for you.

Because your voice is inside your body, it is natural to be attached to how it sounds. After all, it is unique to you. When you think about the first time you heard yourself speak on a recording, you most likely had a surprised reaction.

Most people share with me that they have had some bad experiences around their voice – such as someone telling them at a young age to stop singing or a comment about how they sound when they speak (too quiet, loud, high, childlike, harsh, gravely, boring, fast, monotone).

Unfortunately, people have a lot of judgements about how others sound when they use their voice. If you believe that these judgements are limited to your physical voice, you would be wrong. When you aren't completely happy with the sound of your voice, it can affect your marketing, your career, and your relationships.

Learning how to love the sound of your voice can make your marketing more powerful on every level. It's one of the most understated and overlooked skill sets for business success.

Here are three practical strategies to start loving the sound of your voice.

1. Practice connecting to your "Purpose Voice".

Your Purpose Voice is what you are meant to say in the world.

This may sound like a tall order, but it's simpler than you might think. To master this skill, engage in a daily practice of asking simple questions that can guide how you show up with your voice.

- What do I want to create with my voice today?
- How do I want to feel as I use my voice?
- How do I want other people to feel as they hear me use my voice?
- What's my best next step?

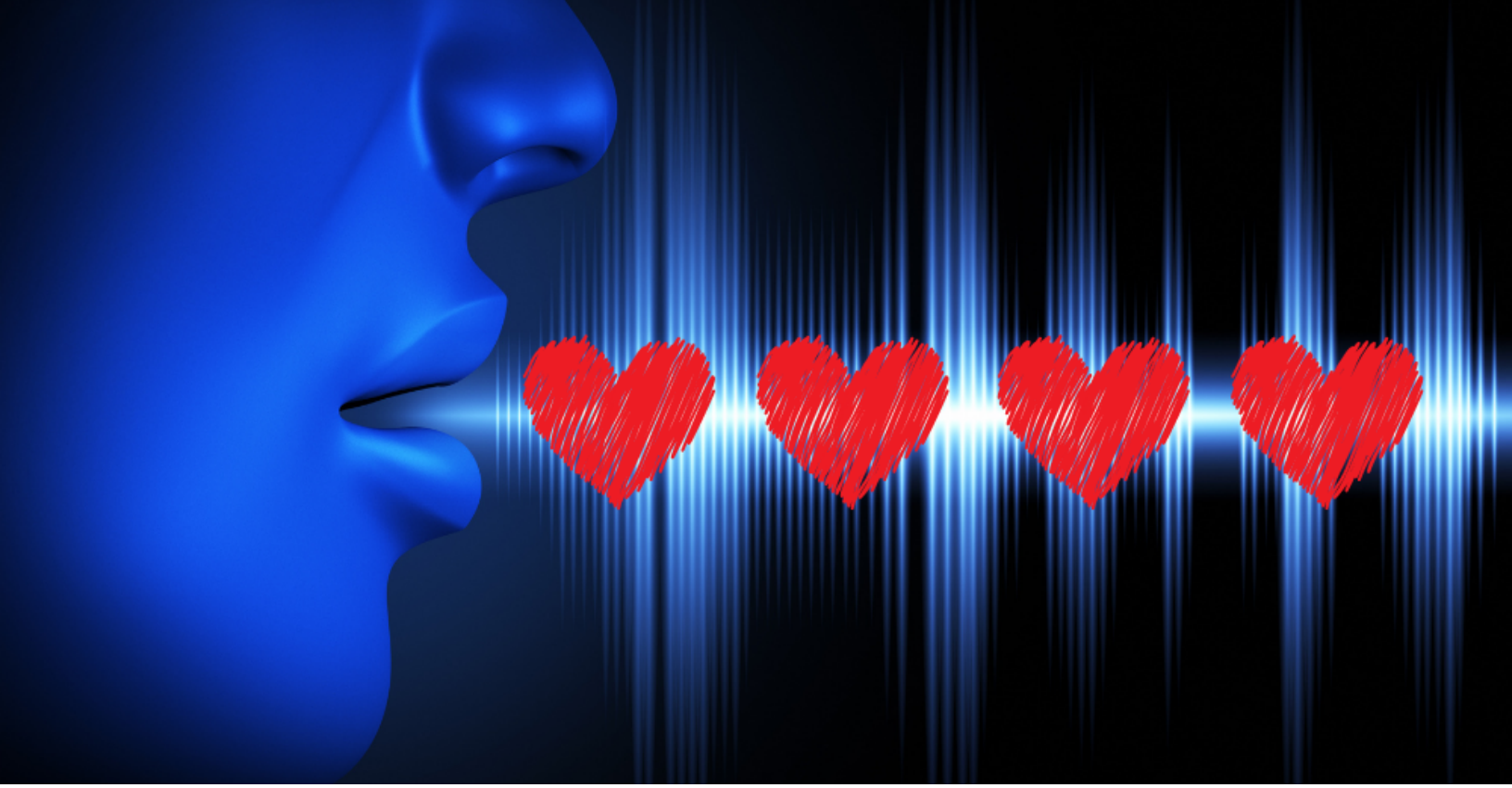
By asking yourself these questions, you will tap into your creativity. I often receive ideas on practical next steps that give me more confidence as I use my voice to create what I want.

2. Develop a practice routine before important conversations.

As a professional singer and performer, I have a very clear practice routine that allows me to warm up my voice and be ready to show up powerfully on stage. Yet, business owners rarely tell me they have any kind of practice routine when it comes to their important communication moments such as networking, speaking engagements, interviews, or sales conversations.

A practice routine gives you confidence, helps you gather your thoughts, and prepares your body for powerful communication. Here are some ideas for creating a practice routine. Start with the questions in step 1.

- Do something physical like take a short walk, stretch, or engage in deep breathing.
- Review key points you want to make and speak them out loud.
- Record yourself speaking key points and listen back to hear how it sounds.
- Eat something that gives you energy and helps you stay focused.
- Drink some water.
- Journal, pray, and/or meditate.



3. Speak with Power and then Assess.

When you are connected to your Purpose Voice, and you have prepared for the conversation, then you will speak with more power and influence. Allow every opportunity to use your voice be a steppingstone to the next level of your vocal power.

- What went well when you used your voice?
- What didn't go as well as you would have liked?
- What will you do differently the next time you use your voice?

If you consistently assess your conversations, webinars, sales opportunities, and marketing moments, you can refine how you are using your voice to make a bigger difference in the world.

My Purpose Voice is guided by my mission to help everyone Love the Sound of their Voice – especially when they network and speak. If you engage in these three strategies, you will immediately start to make a bigger impact, and you'll feel more confident when you use your voice.

For those of you who are serious about wanting to love the sound of your voice, consider signing up for a Captivating Communication Assessment. We'll assess how you are using your voice, review key marketing pieces to see who you are attracting and who you might be missing, and develop a next step plan to become more powerful every time you speak. Use the promo code **M3Mag** for a deep discount.

LOVE THE SOUND OF YOUR VOICE

when you Network & Speak!

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with Stephanie Bonte-Lebair

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