

## Don't Just Turn Up, Arrive!

Too often, speakers begin speaking without arriving completely in the moment. The trick is, don't even attempt to speak if you have speaking jet lag. You see, it's all about, being present.

In any art form there will be a phrase that describes the concept of 'being present'.

- >>In sport, it is 'being in the zone';
- >>In music, it is 'being in the groove';
- >>In performance, it is 'being in the moment'.

For a speaker to be present or 'in flow', requires an alignment of body, breath, thought, feeling and voice. When one of these facets dominates or is weak, your presence is compromised. As Kristin Linklater, Master voice teacher, describes:

*Perfect communication for the actor (speaker) implies a balanced quartet of intellect and emotion, body and voice—a quartet in which no one instrument compensates with its strength for the weakness of another.*

So, the more present you are to the balance of these elements, the more presence you have. Even though you are there in the room, you may not be emotionally, physically or mentally present and ready for the moment of communicating.

If you do not arrive, then you lose your connection with your audience. Why? Because your audience expects you to connect with them, to inform them, to entertain them. That is the unwritten contract between you.

### Lucy Cornell

CEO Cornell Voice Advisory  
lucy@cornellvoice.com

**\*\*\*\*\*EXCLUSIVE OFFER FOR WLA MEMBERS\*\*\*\***

Get 10% off the FULL PRICE of the CORNELL VOICE MASTERCLASS - a world-class online training course for a VOICE OF INFLUENCE! Go to [www.cornellvoiceonline.com](http://www.cornellvoiceonline.com) and enter the COUPON CODE: WLAVOICE at the checkout (valid until 31/12/21)

