



Do I Really Sound Like That?

Tips for Recognizing and Refining Your Video Voice Potential

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Whether it's leading a day of Zoom meetings, teaching in virtual classrooms, or even celebrating family holidays remotely, we're all spending more time than we ever imagined on video. Have you ever wondered what your video voice sounds like to everyone else? The following tips and resources will help you maximize your video voice potential and the effectiveness of your video presence.

Tip 1: Use your diaphragm for speaking.

Good, strong speaking comes from the diaphragm, not the throat. Practice exercises that require you to breathe and speak from the diaphragm. Whenever possible, stand up when recording a video or voice project. This makes your voice much more energetic and enthusiastic.

» [Practice diaphragm breathing and speaking exercises](#)

Tip 2: Vary your volume and pitch.

Experiment with your voice going higher or lower, louder or softer. Such variety is often very compelling for the listener.

Tip 3: Know your speaking rate.

Learning your words per minute will help you in your video and voice projects. Ensure the best possible listening experience by speeding up or slowing down, getting as close to 120 words per minute as possible. » [Test your speaking rate](#)

Tip 4: Remember the power of the pause!

Silences can be scary in the classroom or on video, but they are important for your listeners, so that they can take in what you are saying and learn from the material you are sharing. The pause is powerful.

Tip 5: Record yourself.

You will only get better and develop a more complex and compelling voice if you practice and honestly evaluate your progress.

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