

Work Out Your Secret Sauce:

A Recipe for Responsive Communication

Craving to make your words unforgettable? Learn how to create the secret sauce that makes your words resonate.



Here's the secret

Training for a dynamic voice.

A flexible and responsive voice will make every story you tell, every wow moment you bring to life, that much more powerful.

Prepare to hit the 'vocal gym' and get your listeners to lean in...

1) Core Strength - Belly Breathing

Making belly breathing your body's new normal helps you with both volume and stamina.

To get started, lay on your back and put one hand on your sternum and one on your belly. As you breathe - you should be able to feel both hands rising and falling.

2) Give your mouth a workout

Be understood no matter your accent or personal speaking style. Practice overemphasizing your consonants. To take this to the next level, try putting a grape between your back teeth and then speak without crushing the grape. You are giving your lips, tongue, and soft palette a workout that will help you nail your consonants.

2) Got Rhythm?

Talking in a repetitive rhythm will put people to sleep. Take a piece of text and choose places to speak faster or slower, or where you might want to emphasize. Every. Word. Then practice mixing your natural rhythm up a bit!

4) Rest between Sets.

Pause when speaking!

While your audience is listening to you, they aren't thinking about what you are saying. If you want your words to really land..... pause before continuing. It will emphasize whatever point you just communicated.

5) All substance - no Filler!

Avoiding Filler words

Filler words (um, like, basically) creep in when our mouths get ahead of our brains. To discover your filler words, tape yourself giving commentary. When you play it back later, you'll hear them! Break the habit by speaking slowly and really listen to yourself as you are talking. When you mentally hear yourself about to 'fill' take a breath instead. Eventually, your brain learns to breathe and smile at your audience instead of um, like, you know...

Responsive communication is all about finding that sweet spot where your words don't just pass through someone's ears but set up shop in their memories. It's the magic of language, that secret sauce that ties us all together.

Now, isn't that something you'd want to master?

5 tips to spice up your commentary

With the secret sauce of wordplay



Now, what do we do after we workout? We eat of course!

1) WOW Facts

"WOW" facts, those astonishing snippets of information that snag our attention and ignite our curiosity, can turn a mundane message into a memorable one. For instance, did you know that honey never spoils? Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and still perfectly edible. Such facts captivate us not merely by their content but by their capacity to redefine the commonplace and expand our sense of wonder.

2) Word Pictures

Word pictures are the brushstrokes of language that paint images in our minds, engaging us by bringing abstract ideas to life: The autumn forest was a canvas splashed with fiery reds and golds, as if the trees were torchbearers, illuminating the path to winter. By using descriptive and relatable imagery, you can transform concepts into visual scenes, drawing the audience into a sensory experience that is hard to forget.

3) Multiple Points of View

By considering multiple perspectives, we gain a more nuanced understanding of an idea, story, or situation. Let's consider the value of multiple perspectives in the classic story of "The Three Little Pigs." In the traditional tale, we sympathize with the pigs, innocent victims of the big bad wolf. Yet, a retelling from the wolf's point of view might reveal a misunderstood character, not a villain but someone struggling to survive. Multiple viewpoints add depth and meaning.

4) Comparison

Comparison grabs our audience's attention by putting two entities side by side, highlighting their similarities or differences to draw connections. Bees buzz from flower to flower, aeronauts in a world of color and fragrance, harmoniously collecting nectar, while spiders await with patient stillness, solitary and cunning, weaving webs to ensnare the unwary. This comparison juxtaposes the bees' active and communal role in pollination with the spiders' solitary and predatory nature, highlighting their unique behaviors.

5) Context

Contextualizing a topic is key to capturing and maintaining an audience's engagement, as it frames the relevance of the information being presented, transforming a walk-through ancient ruin into a time-traveling experience. "Imagine the bustling markets that once stood here." You might recount a day in the life of a Roman citizen, adding details from a recent archaeological find—a well-preserved shop, with amphorae still containing traces of olive oil, providing a tangible connection to the past. This approach doesn't just show visitors old stones; it immerses them in the context of a bygone era, allowing them to walk in the footsteps of history.

Thanks for joining the Message Mindset where Communication isn't a skill, it's a MINDSET!