

# SPEECH

## physiology

### UNDERSTANDING THE FOUNDATION OF SPEECH PRODUCTION

Using optimal vocal resonance will help you avoid injury.

Posture is important! Sit upright, with your shoulders back and your head up to put your body in alignment.

White Sparrow Coaching

Diaphragmatic breathing will give you more power and endurance than breathing through the chest.

Be mindful of your rate of speech and breathing - slowing down will increase your intelligibility, and give you more time to think.

Stay hydrated! Your vocal cords need water, too!