



Tobacco Task Force
Meeting

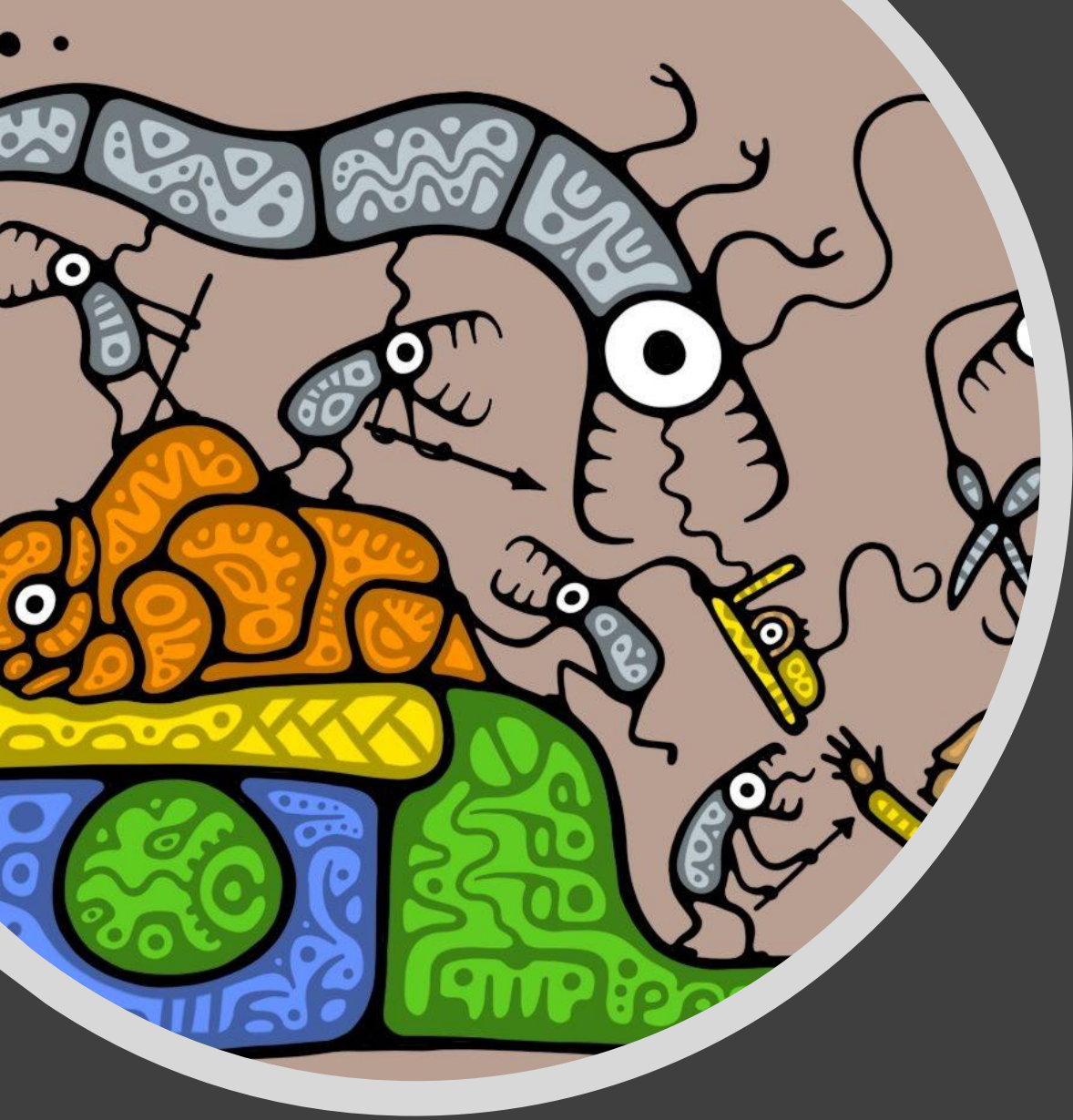
Finding Our Voice

September 27, 2021
Nottawasaga Inn

Voice

- We have been gifted communication skills with voice being one of those tools.
- Everyone's voice is unique.
- Voice is a natural instrument that is part of our body.
- Voice pitch is essentially the highness or lowness of the sound based caused by the frequency of the sound waves.
- What makes pitches of voice unique is the uniformity and pattern of the soundwaves.





Voice and Trauma

- Trauma has impacted our voices. It may be rooted in memories of early trauma such as, neglect, bullying, and physical, sexual, or emotional abuse.
- We can have vocal cord disruption when the nerve impulses to your voice box are disrupted.
- Vocal cord paralysis can affect your ability to speak and even breathe.
- There are those ones who do healing work by listening and understanding your voice.



Exercise #1: Feeling Your Voice

- Say “Mm-mmm” as in “yum”
- Do this until you feel the front of your face buzz or vibrate



Exercise #2: Raising Your Voice

- Saying ahh, raise your voice as loud as possible
- What did you experience? How did that feel?
- How do you feel now?



Exercise #3: Where Does Our Voice Come From?

- We know that our voice vibrates from Exercise #1
- Do you know where does your voice comes from within your body?
 - Can you identify where it comes from?

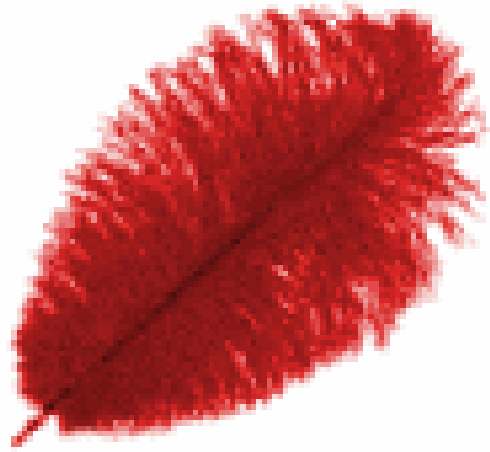


Exercise #4: Describe Your Voice

- What does your voice sound like to you?
- What do you like about your voice?



Exercise #5: How did you feel about these voice exercises?



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