

STACIE MITCHELL

# How I Stopped Saying 'Um' in Just ONE Day (And You Can Too!)



[www.staciemitchellvoice.com](http://www.staciemitchellvoice.com)

# Hi! I'm Stacie.



I'm Stacie Mitchell, and I help people unlock their voices so they can show up with confidence, make an impact, and open doors they never thought possible.

With over 15 years of experience as a professional actor, vocal coach, and professor, I'm dedicated to sharing the powerful tools I've learned as a performer to help others harness the full potential of their voice. I hold a Master's Degree in Acting from Purdue University and have taught at Purdue University, New York Film Academy - Los Angeles, and Mt. San Antonio College. My acting credits include stage and screen work with Lifetime, Netflix, Sony Pictures, and Amazon Prime.

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# Eliminate Filler Words—FAST!

**Filler words are making you sound uncertain.** And the worst part? You don't even realize it. Every "um," "uh," and "like" is quietly draining your credibility and making you sound less confident—even if you know exactly what you're talking about.

But here's the truth: **getting rid of them is easy** (when you know what to do). I'm about to break down a simple, **fast, no-fluff method to eliminate filler words** so you can speak with confidence, clarity, and authority—starting TODAY.



# Stop Saying 'Um' & Sound Confident!

## 01 NOTICE YOUR FILLER WORDS

First, you need **awareness**.

- ✓ **Record** yourself speaking for 60 seconds.
- ✓ **Listen back** and count every single filler word.

Once you SEE the problem, you can SOLVE it.

## 02 MASTER THE POWER OF PAUSE

- ✓ Feel an "um" coming? **STOP. BREATHE. PAUSE.**
- ✓ Silence makes your words land with power.

💡 Pro tip: Think of a pause as a dramatic beat. It adds weight to what you say and keeps your audience hanging on your every word.

# Stop Saying 'Um' & Sound Confident!

## 03 SLOW DOWN & SPEAK WITH INTENTION

Filler words happen when your brain races ahead of your mouth.

- ✓ Slow down your speech by 10-15%.
- ✓ Pause at commas. STOP at periods.
- ✓ Use hand gestures instead of fillers.

## 04 PREPARE & PRACTICE (THE RIGHT WAY)

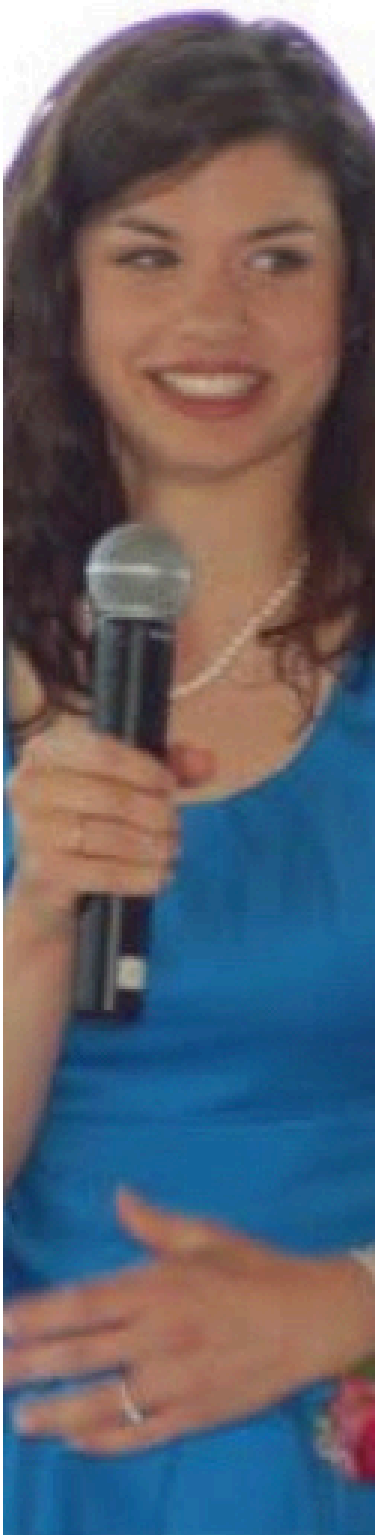
💡 Plan ahead. Jot down key points—even quick bullet notes help.

💡 Practice out loud. Answer common questions before you need to.

🎵 For creatives: Rehearse, record, tweak. Small changes = HUGE impact.

**Confidence isn't luck—it's preparation.**

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# Put it all together

Try recording yourself twice—once before applying the strategies and once after. You'll be amazed at how much clearer and more confident you sound.

Pro tip: Play both recordings back-to-back. Notice where you used filler words in the first version and how much stronger your delivery is in the second.