

STACIE MITCHELL

Strengthen Your Voice & Speak with Confidence



www.staciemitchellvoice.com

Hi! I'm Stacie.



I know what it's like to struggle with speaking up—I used to be that shy person who hesitated to use my voice. But from the moment I took my first acting class at four years old, I realized that stepping into different characters helped me discover my own confidence.

Now, as a lifelong performer, educator, and voice coach, I've spent the past 20 years helping others do the same. I started coaching actors and public speakers in 2004 and quickly saw how many people struggled with their voice—not just in performance, but in everyday life. The tools I learned as an actor were too powerful to keep to myself, so I made it my mission to help others speak with clarity, confidence, and presence.

I've taught voice at Mt. San Antonio College, Purdue University, and New York Film Academy, turning stage fright into stage presence for students from all walks of life. As an actor, you can find my work on Amazon Prime, Sony Pictures, Netflix, and Lifetime.

Need help finding yours? Let's talk!

Strengthen Your Voice & Speak with Confidence

If you have great ideas but struggle to express them, you're not alone. Your voice is a muscle, and just like any muscle, it gets stronger with practice. This simple warm-up routine will help you develop vocal strength, stamina, articulation, expression, and clarity. Try this before speaking on camera, giving a presentation, or anytime you want to feel more confident using your voice.



Strengthen Your Voice & Speak with Confidence

01 **WARM UP YOUR BREATH**

Your voice starts with breath. A strong, steady breath will give you the support you need to speak with confidence and clarity.

Deep Belly Breathing – Sit or stand tall.

Place a hand on your belly and take a deep breath in through your nose, filling your stomach (not your chest). Exhale slowly through your mouth. Repeat 5 times.

Hissing Exhale – Take a deep breath in and exhale slowly while making a “ssss” sound.

Try to extend the sound as long as possible without gasping. Repeat 3 times.

Strengthen Your Voice & Speak with Confidence

02 WAKE UP YOUR VOICE

Now that your breath is engaged, let's activate your vocal cords and resonance.

Humming – Gently hum a comfortable note while feeling vibrations in your lips and chest. Slide up and down in pitch like a siren. Repeat for 30 seconds.

Lip Trills – Lick your lips and blow air through them to create a “brrr” sound, like a motorboat. Add pitch variation to explore your range. Do this for 30 seconds.

Strengthen Your Voice & Speak with Confidence

03 **BUILD STRENGTH AND STAMINA**

A powerful voice requires control and endurance. These exercises will help you speak for longer periods without strain.

Sustained Sounds – Pick a vowel sound (“ah,” “ee,” or “oh”) and sustain it for as long as possible with steady breath support. Repeat 3 times.

Projection Practice – Stand tall and say a short phrase (like “I have something to say!”) with energy and clear intention. Speak as if you’re addressing a room full of people. Repeat with different emotions (excited, determined, calm).

Strengthen Your Voice & Speak with Confidence

O 4 **SHARPEN YOUR ARTICULATION**

Clear articulation ensures your words are understood. Here are fun ways to improve it:

Chewing Words – Pretend to chew gum while saying a sentence to loosen up your jaw, then say it normally to feel the difference. Repeat 3 times.

Tongue Twisters – Say “Red leather, yellow leather” and “Unique New York” five times, slowly increasing speed.

Over-Articulation – Read a sentence and exaggerate every consonant sound. Then say it again in a natural, clear voice.

Strengthen Your Voice & Speak with Confidence

05 EXPRESS YOURSELF WITH CONFIDENCE

Your voice isn't just about words—it's about how you deliver them.

Mirror Work – Speak a short sentence in front of a mirror. Stretch your face and notice how your facial expressions add emotion. Adjust to appear more open and engaged.

Emotional Expression – Say “I can do this” with different emotions (excited, confident, nervous). Notice how your voice shifts.

Personal Affirmation – End with a confidence-boosting phrase: “My voice matters. My words have power.”

Strengthen Your Voice & Speak with Confidence

FINAL THOUGHTS

Speaking confidently takes practice, but every time you use your voice, you're strengthening it. The more you warm up and use these exercises, the more natural and powerful your speaking voice will become. Start small, be patient with yourself, and remember—your voice deserves to be heard.

For more resources head over to:

www.staciemitchellvoice.com