

THE CHARISMA MATRIX

Pre-Event Tonality Checklist

How is my mood and energy level? If it's less than an 8/10 execute a power pose or if alone, jump up and down, wave your arms aroundand yell at the top of your lunges for 10 seconds 2 times.



Check your shoulders and face for stress. Are they up towards yourears? Roll them in circles and focus on relaxing all muscles in them and in your face. This will lower your voice from your upper neck toyour chest. A voice that comes from your chest is deeper and fuller.

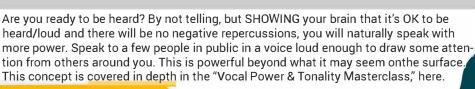


MOOD & ENERGY



Warm you voice up with the free association drill. A warm voice is a louder, deeper and fuller voice. Out loud, with a strong delivery, say random words that associate with the previous one. Example: Red >Stop Sign > Tesla > Elon Musk > Mars > Matt Damon > West Hollywood > Traffic > Jet Pack > Steve Brule









Plan what type of tonality that you need to use to accomplish your goal. Are you trying to present yourself well in an interview? Try aneutral tonality with a both a little rapport seeking and breaking tonality to show your spectrum of communication. On a date? Be sureyou don't slip into a rapport seeking tone!

TONALITY GAME PLAN





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How to speak in a way that instantly commands respect frommen and women alike

How your voice can increase your attractiveness to women

Vocal projection that will get you promoted and ensure that you sell more if you're in sales

The exact tonality to use to be seen as dominant and how tointimidate others if the situation calls for it

How to speak in a powerful voice regardless of what kind of voice you were born with

That's why I've put together a presentation to give you the complete tool set you need to speak with authority, influence and respect (and as perk it's attractive to women)...



Listen: "A Voice That Commands Attention & Demands Respect"