

Authentic Voice

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FORMAT:

Whole group stage and voice process that can shift to a small group exercise after the demonstration of how the coaching goes. From 5-50 people.

Duration: 60-90 minutes.

PURPOSE:

This process gives each person a new reference point for having an authentic voice even when using a tone or style of voice that is different from their Box's customary or "true" voice.

SETUP:

A stage area is declared in one part of the room and the chairs are arranged in rows or arches facing the stage.

PRECAUTIONS:

This exercise may become loud and may cause liquid states.

INTRO / BACKGROUND:

Most of us think of ourselves as having only one authentic voice, but actually authenticity can be delivered in any kind of voice we wish to use. This exercise experientially differentiates authenticity from voice style using feedback and coaching from trainer and the audience, giving each person new dimensions of freedom in their ability to authentically communicate.

INSTRUCTIONS / PROCEDURE:

PART 1: Whole Group On Stage (as a demonstration with one person for the rest of the people to see how it goes, or the entire exercise can be done one person at a time up on the stage)

Trainer asks for a volunteer from the audience to go in front on the stage. Trainer gives an instruction something like, "*Please be a _____ and start something authentic.*" (The *Authentic Voice* exercise builds on the *Start Something* exercise.) The blank can be something like:

- *Be a drunk.*
- *Be an angry child.*
- *Be a thief who is guilty and ashamed.*
- *Be a hero who has just failed, or a humble hero who has just won.*
- *Be an alien wishing to help Earthlings.*
- *Be a caveman who just arrived by time travel.*
- *Be a true African shaman who offers to heal someone from the audience.*

