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.
PART 1: (continued)
The trainer and audience use Rapid Learning feedback and coaching (Beep! Shift! Go!) until the person on stage finds their authentic voice in the new character.

Trainer Notes:
1) This exercise can become extremely funny and entertaining, but make sure you are holding space in such a way that the exercise does not degrade to having merely an entertainment purpose. This skill of authentic speaking in the voice of other characters is key to telling stories that land in and transform spaces.

2) Typical coaching for this exercise might include:
   - Become the character
   - Own their life and their circumstances.
   - Own their inner world.
   - Own their strengths and weaknesses.
   - Own their handicaps and blind spots.
   - Own their relationships to animals, plants, objects, the world and other people.
   - See the world like they see the world.
   - Take on their posture, their gestures, their sensations, their facial contortions.
   - Use their speech patterns and vocabulary.

PART 2: Small Groups (if desired) (groups of 4 to 6) (10-15 minutes per person)
Once the procedure is clear and the mood and style of coaching and feedback has been embraced by the audience participants, you can ask people to form small groups with their chairs, each having their own “stage” area in various parts of the room, each with their own box of tissues.

Continue until each person has had a chance to have a breakthrough in their ability to deliver authenticity from various character Boxes.

DEBRIEF: (10 minutes)
Check in circle.