



## Your Words, Your Voice

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Introduction and Instructions

I'm excited to help you record an audio sample of your written work. After you record your work, I will then process your recording and return to you an mp3 that you can put on your website or on social media.

To prepare, **please select five key lines out of your story (or a short poem)** that you want to record. Please limit your selection to five lines. It will take longer than you believe it will to record just these few lines.

You will want a pivotal moment but one that doesn't give away any spoilers. When choosing your material, **try for a scene with a couple of characters talking**.\* Practice the lines of your possible choices a few times before you make your final selection. You want to be excited about what you read so it sounds fresh in your recording.

Once you choose your lines:

1. **Please copy and paste them into a Word (or other word processing) document.**
2. **Make sure you put the title of your work at the top of the Word document.**
3. **Select Save As: and save the document as a text file (with a .TXT extension).**
  - a. **Save the document as "[YourFullName].TXT and**
4. **Send file to me (at [Izolda@gmail.com](mailto:Izolda@gmail.com))** so I can load it on my teleprompter for you to use when we record.

On the day of the recording session, I will lead you in a warm-up, but here is a written version so you can warm-up before you practice your lines.

Warm-ups (Do these before you practice)

1. March in place (2 minutes) (Speaking uses muscles that must be warmed up in order to function at their peak)
2. Deep breathing (three-part breath) preparing lungs and maintaining a column of air
3. Yawning
4. Stretching:
  - a. Shoulder roll (five on each side)
  - b. Half neck roll (left side to front to right side and back)
  - c. Half neck roll to the back
  - d. Neck stretch (turn neck to the side and stretch and then for a deeper stretch turn chin down to the shoulder)
5. e. Arms above head stretch (lift both arms and stretch the right arm up lengthening your ribs and then follow with the left arm)
  - a. "C" stretch (lift arms above head clasp right hand with left. Curl your back while extending your arms. For an added stretch, turn in the direction of the arm clasping.)
  - b. Shake out hands
  - c. Face scrunch



- d. Face big
  - e. Yawn
  - f. Horse noise
  - g. Yawn with “Ah”
6. Jaw is loose and breathing is relaxed.
  7. Sitting to speak (we will be sitting to record)
    - a. Sit comfortably upright with your torso resting on your sit bones.
    - b. Sit in an uplifted way with your feet flat on the floor and your gaze at a comfortable level with your eyes and jaw relaxed.
    - c. Pretend someone has grabbed the hair at the very top of your head and is tugging it upward slightly.
  8. Practice these tongue twisters while employing the appropriate breathing technique.
    - a. Minimal Animal
    - b. Rubber Baby Buggy Bumper
    - c. Red Leather Yellow Leather
    - d. Unique New York
    - e. Kinky Cookie

\* For your characters, please create a character sheet for whoever will be speaking in the scene you will record. I will need to have that information so I can coach you on your delivery when you record.

Some things to think about:

- Description
  - Male, Female, Old, Young, etc. How would they physically sound? How to vocalize these.
- Characteristics
  - Happy, Insecure, Outgoing, Shy? How does that affect how they sound? How to vocalize these.
- Personality/Bio
  - Accents, Background, Motivation. What do they want?
  - What role do they play in the story?
- If there is description or exposition in your scene, who is Your Narrator?

If you know the answers to these questions ahead of time, you will enrich your recording.