

# Needs Assessment 18 Jan '19

watch the Interview

Pierre

was in Toastmasters 1980 couple years

read cir howy  
no head

Blog

science fair public speaking - would lose voice (hurt) noisy blog

recurring issue

taught college + high school classes

presentations @ international conferences w/ microphone

always been told to speak up

doesn't get very stressed speaking

now mostly Friends in Wonderland - fun!!

practiced talk @ home + lost voice

skiing + ski-rowing

does yoga

cardio - biking + running

meditation

took an accent reduction course - accent is different really even when speaking

Observations

thin  
unsupplied

asprat

caught in  
face

over  
-relaxed

Challenges

train self to  
be aware + slow down

projection, laryngitis + pain

puts back out occasionally

grinds teeth - wears mouth guard

Goals

will be teaching meditation to groups

longer speeches, larger groups, no microphone

speaking outside, multiple talks/day

combination of guiding + speaking

1st week of June

## Ideal

warm, confidence, relaxed, putting people at ease,  
comfortable, easy to understand, not straining ears  
or brain, clear, enunciation

projection

accent reduction

voice quality / message / emotion - relaxation + comfort

## Looking for

Open + curious

Intro in Feb

monthly open mic

Intensive

## Homework

1 relax jaw in front of tv / computer / in meditation

2 channel from mouth to belly

3 mindfully open the sternum (umbrella)