

## Find Your Speaking Voice

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**F**ind your speaking voice. Why is it important to find your speaking voice? Well, in my opinion, as a speaker, I see in the world many, many talkers, but that doesn't mean that they are good speakers. Have you had that experience? People can talk a lot but they are not necessarily saying anything. But to be a good speaker, you have to first know who you are. What's your message? What do you have to say? Now, one way that you can prepare for a speech is, you can actually borrow someone



else's speech. Have you ever done that? Ever heard someone talk about, "I Have a Dream". Maybe you have heard that speech? It is a good speech, but it isn't your speech. So finding your speaking voice is really about tapping into the experience and the knowledge that **you** have. That every one of us has.

I believe it's important because good speakers are authentic. Do you know what authentic means? It means being genuine. Every one of us can be an authentic speaker. When you are an authentic speaker, you're speaking from your heart. It's my opinion that is the most important quality while speaking.

Now, you may be thinking, Well, that sounds good, I'd like to be an authentic speaker, but I'm not sure what I should say. So what I would like to do now is give you a technique where you can tap into your knowledge,

tap into your experience. It's very simple, I call this **the lifeline**. Very simply all you do is draw a horizontal line on a page and you mark off on the line, one year for every year of your life. This is every year of your life from zero all the way up to today. Once that you've got your line, you do three things.

You write down: What was the best thing that happened to you that year. What was the worst thing that happened to you that year. And finally, what was the biggest change that happened to you that year. So now you've got your three things.

Now what does this do? This gets you thinking about major events in your life. And in my opinion, when you start thinking about the major events in your life, you are starting to dig out your own personal stories. We all have different stories. We all have different experiences. Finding your story is the road to finding your voice.

Let me just give an example of how I used the lifeline to remember a forgotten story. As I was doing my lifeline, I re-discovered a painful memory from my 20's when I started up a business and things weren't going very well in the company. And to cut a long story short, basically it was a very tough experience, but eventually I got out of it and things got better. My first thought was do I really want to share that with other people? Why would I want to talk about my failures?

Well, a lot of people have their own business, a lot of people are thinking about starting a business, a lot of people are struggling in their own business. If I could share my experiences with them, perhaps that would help. It is comforting to know that other people went through similar experiences. Or they could be inspired to improve. Sharing stories are motivating.

By finding your stories, by finding your experiences, and by telling them to other people. You are helping people improve their lives.

So find your speaking voice, be authentic and have fun discovering your stories.

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