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Amazing Offers - up to **80%** off on courses
But you'll have to be quick!

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A Message From Poll

WHERE ARE WE IN TWO WEEKS?

The Electric Picnic! One of Ireland's best loved music, comedy and arts festivals taking place on the 4th, 5th & 6th September in Stradbally, County Laois. I will be in the Mind Body section, with other Voice and Communications experts offering one-to-one coaching (at very special 'picnic prices'), free information and other voice related goodies. So if you are there, come and say hello - I'd love to meet you. Who knows, you may be taking the first steps to becoming a great public speaker, stand-up comedian or international recording artist!

Please keep all your emails and questions coming in to us. We really appreciate the feedback, and it helps us to ensure that we are providing the information and courses that you want.

Until the next time,

Best wishes,
Poll

Ask The Voice Coach

Q: Poll, I heard you speak at a conference recently and in response to a question from the audience you mentioned how certain medical sprays and lozenges are not advisable when speaking. Could you elaborate, and also recommend an alternative?
Erin, Newsletter subscriber from Florida, United States.

A: Hi Erin, unfortunately on both sides of the Atlantic people are very quick to take medicated products without considering how the medication works, or how it may affect our vocal mechanism. Many 'sore throat' products either anaesthetise the throat to numb the pain, and some anti-bacterials or anti-histamines will dry out the throat to kill the bacteria or reduce inflammation and thus deprive our body of much needed natural lubrication.

Numbing the pain sensors does not make your throat better; it just gives you some temporary relief, which is great IF you are NOT continuing to talk. If you continue to talk, yell or scream (say at a football match) you may be doing considerable harm and because of the numbing qualities of the lozenge / spray you will not know about the additional damage until later when the pain could be twice as bad! Anything that dries out your vocal mechanism (this also includes menthol products) is seriously diminishing the effectiveness of your voice, and if you continue to talk while taking these products, it creates more strain in the voice and could cause further complications.

So what do you do?

Please don't get me wrong I have no issue with these medications so long as you STOP using your voice for at least an hour or two after you have taken the anaesthetic medication (watching a movie or bed time for example), and / or are lubricating your voice often (preferably with small quantities of room temperature water), when taking the products that will dehydrate your body or dry out the throat.

Remember, pain is your body's way of telling you that something is wrong. You wouldn't continue playing football if you pulled a muscle and your leg was sore, so don't risk damaging your voice further, by continuing to talk through pain. A visit to a medical practitioner is always advisable in the first instance, but ask how the medication will impact on your voice, and then take the appropriate precautions.

I hope this clarifies, and in next month's newsletter I will share some wonderful natural recipes to soothe your throat, some which can offer immediate relief.

Best wishes, Poll

If you have a question for Poll to answer in future newsletters, please email it to ask@voicecoach.ie We respond to all questions, however we will only choose one to feature in each newsletter.

Featured Article

George Best, Bobby Charlton, Eric Cantona, Roy Keane, David Beckham, Cristiano Ronaldo, Wayne Rooney...

No - don't worry, I'm not suggesting that these are all great public speakers! However they have all proven themselves to be some of the most skilful footballers of recent times.

You'll guess from my choices that I am a fervent Manchester United fan, (my first memory of a football match was the 1968 European Cup Final against Benfica) and I have stayed loyal throughout Liverpool's dominance of the 70s and 80's, and even during United's relegation to the second division in 1974. Thankfully the last couple of decades have been magnificent times, and there is little doubt that Sir Alex Ferguson has proven himself to be the master of reinvention and rejuvenation. He has an uncanny ability to inspire an ethos of supreme effort and confident creativity in his players, which surely is the cornerstone of any successful individual or organisation.

I'm also a Dublin GAA football fan, which sadly doesn't bring as many glory days, but nevertheless they are my team and it is this diversity of fortunes that makes me wonder why so many of us cheer and sing when following our often low achieving teams into battle. If only our customers, clients, colleagues and students remained so loyal to us, and to our products, message, ethos and ideas. What is it that makes people follow you, even if you are 'playing' for an unfashionable team? What is it that we can learn from these athletes that will motivate us to improve our skills and receive recognition for our efforts?

Well actually, quite a lot. The lessons of great sportspeople and becoming a supreme communicator are more closely linked than you think:

1. Great Footballers warm up and practise tirelessly before every match. No matter how

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excellent they are, and no matter how many years they have been playing. They make sure that they are ready. How often do you warm up your voice, or rehearse your sales pitch, presentation or speech to make sure that you perform at your best when it matters most? How else would you familiarise yourself with the physical and vocal demands of a job? Surely you're not going to leave things to chance again!

2. Every great Footballer once played in junior leagues, local competitions and academy teams before making it to the topflight. They worked hard, showed dedication and got noticed. They continuously improved their skills, raising the bar with every achievement, and hoping that someone would recognise their talent and take them to the next level. Are you one of those people that says I will do the work on myself when I need to, or are you constantly upgrading your skills so that you can grow and excel when opportunities arise?

3. Great Footballers have bad days. They miss penalties, they score own goals, they make foolish tackles, they get injured. And when these things happen, you almost always hear them say that they want to get back to playing again. It makes them mentally stronger, more resourceful and more experienced when facing the same situation again. Do you allow setbacks to completely stop you from even starting something. There is no better story than the one based on overcoming adversity and showing others that 'experiences' will ultimately make you better at what you do. Leadership is all about turning fear, embarrassment and rejection into opportunities for improvement.

4. A football team is made up of skilled individuals who can only succeed if they play as a team. If you don't have the skills, you are less likely to be asked to play for the best teams. Fact!

5. Every great Footballer was once a beginner. They probably tried many different activities, but realised that this was the one thing that made them happiest. How many new things do you try out? How can you become better at what makes you happiest?

6. Even great Footballers need a break or a change of routine. In recent times Footballers have turned to Ballet, Yoga, and Pilates to increase their flexibility, durability and to get other points of view on maintaining peak condition. Studying historical war strategies, mental games and sports psychology are tried and tested ways to stimulate and activate the athlete's brain towards a successful mindset. Often a team Manager will give players a week off to allow them to re-charge and switch off. We know from research that we recognise and feel safe with similarities, but we learn most from differences. Why not take a different approach, be creative and find the most unusual success story and take lessons in a new skill to enhance your existing ones.

7. Great Footballers get dropped from the team if they let their standards drop. No one is irreplaceable, and there are always others who will happily take the opportunity to shine and show the skills that they have been developing whilst waiting in the wings. There is nothing worse than a stagnant, closed minded middle to senior manager who rests on his / her laurels. Openly showing others that you are taking steps to improve is a trait of great leadership, and allows those around you to be more confident about expressing their weaknesses and strengths.

8. All great Footballers have mentors and coaches. They thrive on being stretched, given new challenges and receiving an expert's insight on their performance. How often have you asked an expert for feedback, guidance or coaching? You may be a beginner or you may be at the height of your profession, but don't you want to optimise the number of times that you have successes? It's reassuring to know what is working well for you, and even more reassuring to find out how you can improve on the rest.

So, the next time you follow your team, look around at all the others giving their wholehearted support. Notice why they are cheering, what gets them excited, and how they express their disappointments and joys. Then look on the pitch and see which one of those players epitomises your individual skill level, your desire, your ambition, your intelligence, your team abilities and your enjoyment of the game.

We can't all be on the greatest team, but if you become the greatest that you can be, you will be happier and you will be able to influence those around you, AND those on the touchline, with your energy, enthusiasm and skills.

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Poll Recommends

OK we've gone mad, and you - our valued newsletter subscribers - are the **ONLY** ones to hear about it! Our Autumn schedule of courses is now confirmed, and to get the ball rolling we have detailed a once off, crazy set of discounts that you will have to move fast on - very fast! We will accept bookings on a 'first-come basis' only by email (it's the fairest way to record who got there first regardless of your location and time zone). This is too good an opportunity to miss, and I can't tell whether they will be snapped up in 5 weeks, 5 days or 5 minutes, but when they are gone, they are gone!

:: [Vocal Fitness For Life](#)

Galway: 17th & 18th October 2009

Ensure you have a healthy, vibrant and versatile voice - for ever!

Exclusive discount: 80% off for the first person to book, 60% off for the next two, and 25% off all the remaining places for any newsletter subscriber who books before 7th September 2009.

:: [Secrets of Confident & Effective Speakers](#)

Galway: 15th October 2009

Learn how the professionals communicate with impact

Exclusive discount: 75% off for the first person to book, 50% off for the second person to book, and 25% off for the third and fourth newsletter subscriber to book before 7th September 2009

:: [Vocal Fitness For Life](#)

Dublin: 31st October & 1st November 2009

Ensure you have a healthy, vibrant and versatile voice - for ever!

Exclusive discount: 80% off for the first person to book, 60% off for the next two, and 25% off all the remaining places for any newsletter subscriber who books before 7th September 2009.

:: [Executive Voice](#)

Dublin: 5th, 6th November & 8th December 2009

Three days that will transform your Leadership skills

There is already a very generous early booking discount of €300 in place for this course.

:: [Secrets of Confident & Effective Speakers](#)

Dublin: 3rd December 2009

Learn how the professionals communicate with impact

Exclusive discount: 75% off for the first person to book, 50% off for the second person to book, and 25% off for the third and fourth newsletter subscriber to book before 7th September 2009

:: [Vocal Assertiveness, Confidence & Natural Presence](#)

Dublin: 19th & 20th November 2009

When you want to be calm, authoritative and decisive in your communications

Exclusive discount: 75% off for the first person to book, 50% off for the next person to book, and 25% off all the remaining places for any newsletter subscriber who books before 7th September 2009.

:: [Mastering Charisma](#) (in association with the Irish Institute of NLP)

Dublin: 27th, 28th & 29th November 2009

The Art of Confidence, Charisma & Performance

Early Booking discount: €130 off for anyone who books before 30th September 2009.

FOR MORE INFORMATION ON ALL COURSES, CLICK [HERE](#)

**** PLEASE NOTE - THE DISCOUNTS DETAILED ABOVE CAN NOT BE USED IN CONJUNCTION WITH ANY OTHER DISCOUNT. YOU MUST BE A CURRENT NEWSLETTER SUBSCRIBER PRIOR TO BOOKING. ALL COURSE PARTICIPANTS MUST BE OVER 18 YEARS OF AGE.****

Demand for Poll's open courses is always high, and courses are often sold out weeks and months beforehand. Please book early to avoid disappointments. These are the only public courses that we are running in the remainder of 2009.

Read what others have said about their training time with Poll:

"I found Poll's course inspiring, motivating, challenging and just what I needed to move my career forward. As an exceptional communications expert, Poll offers one of the very best professional development courses I have ever undertaken - both at home and abroad. Not only is the course thorough, well planned and demanding, it is also excellent value for money."

Rosaleen Molloy,
Broadcaster, Cultural Arts Specialist

"Poll, for a rather long time afterwards the talk was about your session and how enjoyable and enlightening it was. Our organisation is in the middle of huge change and is trying to keep up with increasing public demands. Your insights were right on message and it was hugely important for all of us. The techniques are already paying dividends, both in dealing more effectively with our public and in building better communications within our dispersed office. I really thank you again for putting in so much work in preparing for the day."

Melanie Pine,
Director, Equality Tribunal

"Not just Ireland's top voice coach, Poll has a remarkable ability to show you how you can improve quickly, noticeably and permanently. His brilliant ear for sound ensures that he gets only the best from you and that mixed with his terrific insight proves very effective in helping you improve. Poll helped me dramatically improve my voice and presentation delivery and I highly recommend him as a voice and television presenter coach and trainer."

Owen Fitzpatrick,
Psychologist, Presenter of RTE's NOT ENOUGH HOURS

"I will never, never take my voice for granted again! Without Poll I would not have realised how easy it is to use my voice in an assertive, persuasive AND friendly way. Before I always lacked the confidence to express myself, now I know I have the tools to be myself the way I have always wanted people to see and hear me"

Rachel Grant
Human Resources Director

"As a School Teacher of over 25 years, I wish that I had met Poll at the start of my career. For years I have suffered from sore throats and every one or two years I have lost it completely and had to take time off work. Even in the few short weeks since the course I have noticed an unbelievable difference not only in the quality of my voice, but also my breathing is much more comfortable, and shoulder and neck aches are greatly improved"

Niamh Fitzgerald
Primary School Teacher

"Simply, the best communications training I have attended! No waffle, no nonsense theories from books, just good, practical and effective advice. My organisation is now running more smoothly, my teams are happier and our presentation success rate has doubled - and all because I am a better communicator. Thank you Poll."

John Baker
CEO - Pharmaceutical Industry

"This was an excellent course with a good variety and mixture of theory and practice. Your expertise has provided me with many practical applications to significantly improve my impact as a speaker, which is exactly what I was looking for"

Anne O'Brien
Career Guidance Specialist

IF YOU KNOW OF ANYONE ELSE WHO WOULD LIKE TO RECEIVE THESE DISCOUNTS, AND THEY ARE NOT NEWSLETTER SUBSCRIBERS, FEEL FREE TO ASK THEM TO JOIN OUR NEWSLETTER COMMUNITY TODAY AND CLAIM THESE AND FUTURE OFFERS

**They can sign up on any page of our Website
www.voicecoach.ie**

About Poll

Poll Moussoulides is Ireland's leading Voice Coach and one of Europe's most sought after Performance and Presence Communications Specialists. His company, Voice Coach Training, creates and provides in-house training courses to individuals and organisations throughout Europe with clients from the highest levels of the Broadcast, Music, Political and Corporate sectors.

Many of us do not want to be famous Actors, Singers or TV Presenters, but all of us who have to communicate with clients, customers, colleagues, students, family and friends would love to be able to do this in an effective and natural way - in a way that we can still be ourselves but yet always get the desired response whenever we speak.

Through this free newsletter Poll wants to reach as many people as possible and share his insights from over 20 years of working with some of the world's most famous faces and dynamic business leaders. He believes that anyone can be a confident and charismatic communicator by applying specific and easy to manage skills and techniques.

For more information about Poll, please [click here](#)

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