

## Nasal Voice: How to Change your Voice

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By Jade Joddle

Hey guys! Today I want to talk about nasal voices and give some advice about nasal voices for people who may want to change it.

So first, we need to look at what's the reason for the nasal voice. Some accents are very nasal. New York is a... Do you remember Janice from *Friends*? That's a really bad impression. But New York is a nasal accent. Some people say Cockney is a nasal accent; I can't hear that: I think I'm too close to it.

Some languages are nasal. Turkish is very nasal. This is how Turkish sounds to me: "Oosh koo nooz, oosh koo dook." And I'm walking along the streets sometimes: I'm just like, "Wow! That is the most nasal voice I've ever heard!" And it's because... It's partly because of the accent, at least where I'm around...must be, because there's a lot of people that speak like it. Plus it's the sounds in the language, because there's lots of "NN...NNuh...Zzz...Zed-y, Nnn" kind of sounds. And it...and it exaggerates any...

And plus, there's a nasal effect in the way that some people speak as well. And people who have a very nasal sounding voice, for example, a nerd type or trainspotter type, person who spends a lot of time on computers. It's a stereotype, but it's...it's true actually. It is mainly true that someone who's very in their head and very left-brain generally has a very nasal kind of geek-sounding voice. The voice is showing...the voice is showing where the person is sitting in their head all the time. The nasal quality that the person is very, very, very much in the head.

So do we need to do anything about a nasal voice, first of all? I don't know if we do...? I mean, people say they don't like nasal voices, or people say that nasal voices are bad. But I don't know; I don't think they're always a bad thing. I think that they're very distinctive and, if you're recording content, you're um...you're making a podcast or something like that, I think a nasal...a nasal voice can have it...have its own charm to it.

So I would say, in general, it's not... I don't personally believe it's a bad thing to have a nasal voice. But, you know, if...if it's really, if it's really na...if it's really

nasal, you might want to, you might want to balance it a bit. And the way that you can balance it--

So I'm speaking now kind of close to my...(change my voice a bit)... I'm speaking close to my normal speaking voice at the moment. I tend to speak forward, here.

So I have a nasal quality in my...in my own voice, because I'm speaking forward, and it's going through my nose. But if I shift, I can shift my voice now. And I'm starting to shift my voice. And when I put my voice in the back: I put my voice here instead, and I locate my voice around the soft palate area, which is the soft skin at the back of your throat. When I locate my voice there, it sounds much more elegant.

And I use this, I use this kind of voice sometimes when I'm recording just audio by itself, not usually when I'm speaking spontaneously to video...(going back into my normal voice). I don't usually use this voice when I'm speaking spontaneously. But, when I'm recording my voice to make it sound its best, or putting a touch of acting voice on, then I always locate my voice here.

So the trick of placing your voice in different places. It's easy for me; I don't know if, if it comes immediately to people. But you have to imagine and, for me, I would

use my, use my finger to...to help me feel inside my head where I want my voice.

And when my finger is there, and I've got an idea of the place I want to put my voice, then I'm able to carry on speaking in exactly the same way, not changing anything else about how I'm breathing, breathing, breathing; and not changing anything else about my pitch or anything. But the exact same way of speaking located in a different place is coming out with a different quality of resonance.

And the reason it's doing that is because the soft palate inside your head is the natural "speaker" for your voice. So when the air comes up and goes through your throat, what it does then is it, it bounces off of the soft palate and gives you some nice resonance. And I think, I think I'd be right in saying that the voice comes out wide, rather than the nasal voice, which is more forward and straight and narrow. But the voice that comes reflected from your soft palate will be more of an expansive kind of voice.

So it's something that can come with practice. I would say this is never, ever, ever going to sound fake. If you can train yourself to place your voice there, you don't have to place your voice there all the time. For example, I don't...(coming

out of it now). I don't place my voice there all the time—only when I want my voice to sound nice, or better, I place my voice there.

So if you do have a nasal voice, I would say to you: If you're really going to change your nasal voice, that means changing your whole personality. You know, that means stop being a head person. And I don't know how possible or achievable or even desirable that is. So don't aim for completely changing your voice. But know how to shift your voice down, so that if you're speaking up in front of people, you can sound at your personal best, for you, without sounding like a different, a completely different person.

So thank you for watching. And I hope that was helpful for anybody who has a nasal voice. Bye-bye!

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