



## **Takeaways from Actors' Think Tank, September 1, 2022**

### **Joan Melton - Voice Expert**

**<https://www.joanmelton.com/>**

**E-mail: [joan.melton@onevoicecentreintegrativestudies.com](mailto:joan.melton@onevoicecentreintegrativestudies.com)**

Dina Laura

[dina.laura@gmail.com](mailto:dina.laura@gmail.com)

You don't have a singing voice and a speaking voice... you have a VOICE. It's all the same. Something about Joan saying that, just released something in me and I am so grateful for that. So glad you visited us, Joan!

Luca Cundo

[11luca28@gmail.com](mailto:11luca28@gmail.com)

"Isn't it wonderful as an actor to play?" - yes it is Joan

Rich Henkels

[rkhenkels@gmail.com](mailto:rkhenkels@gmail.com)

I really enjoyed the information about laughing and crying, and that they are "responses" as opposed to chosen actions. The exercise you worked us through gave me a feel for that. It immediately made me realize how obvious it is when we "try" to laugh or cry, as opposed to really doing it. And that the actions are really quite related.

Roz Jamal

[arjamal@verizon.net](mailto:arjamal@verizon.net)

My takeaway is that the voice is an amazing instrument that performs better when we warm up before performing; have a daily exercise regimen; have a long neck and are wide across the front and back and allow the voice to do what it does. I learned a lot about the integration of voice and movement, which was a new concept to me.

Mike Provenzano  
[mike@mlprov.com](mailto:mike@mlprov.com)

What a great session today Joan, this was so different and so very informative!! I think what really resonated with me is that it is so important to know the tools we have in our bodies and more importantly understanding how to use them. Thank you very much for opening our eyes to something we all take for granted every day.

Gabi Faye  
[actressgabifaye@gmail.com](mailto:actressgabifaye@gmail.com)

Having a daily routine for breathing exercises puts you in a better place mentally and physically for the remainder of the day! I'm inspired to work intentional breathing into my life and see what changes arise.

Kaitlyn Diehl  
[Kaitlyndiehlactor@gmail.com](mailto:Kaitlyndiehlactor@gmail.com)

Most of all I loved the fact that Joan said when we use our voice, we should be playing. We shouldn't put a ton of pressure on ourselves to "perform" or execute any adjustments perfectly. I struggle with trying super hard to execute adjustments I am taught, but then it becomes unnatural. So it was relief to head that.

Stacey Marie Keba  
[hi@staceymariekeba.com](mailto:hi@staceymariekeba.com)

My takeaway from Joan was the reinforcement for me to keep doing what I'm doing in terms of training my body (boxing, ballet, and pilates), because it all relates back to voice control and longevity, which really comes in handy as an actor!

Mariel McIntosh  
[marielmcintosh1@gmail.com](mailto:marielmcintosh1@gmail.com)

What an eye opening session today with lots of tidbits. I will never look at breathing the same way again. The importance of the head and neck connection in terms of voice quality was interesting to me. When you are rounded your vocal cords are narrow, producing a higher pitched tone. Compared to when you allow your body relax and open up, your cords produce a deeper tone.

Lindsay Michelle Reed  
[Lindsay.m.reed1@gmail.com](mailto:Lindsay.m.reed1@gmail.com)

We have one voice, not a singing vs speaking voice.

Shelley Brietling  
[sbrietling@gmail.com](mailto:sbrietling@gmail.com)

Any kind of work should begin with the breath. Warming up our voice is so important. Everything about the body effects everything else. Don't be afraid to make vocal noises, it's part of the process.

Learn to open the throat and widen your chest to project your voice without straining your vocal cords. Your head, neck, shoulders and back when in certain alignment effect the tone and sounds that come from your voice.

It was so interesting and helpful learning the mechanics of our body. Once we understand, it helps to control the process.

Rashad Alii  
[RashadAliKY@gmail.com](mailto:RashadAliKY@gmail.com)

“This made me become more conscious of myself with breathing and warming up my vocals on a daily basis. Especially when acting. Sometime il just go right in without even thinking about it. It will be fun to play around with my voice and test out the ranges of it.

Rosalyn C.  
[Rosalyn.charles@gmail.com](mailto:Rosalyn.charles@gmail.com)

It's all connected. Know your body and believe that your breath will always compensate -- especially when you warm up and exercise your vocals.

Jackie Diehl

[jackiediehlactor@gmail.com](mailto:jackiediehlactor@gmail.com)

I LOVED this session with Joan. It really stood out to me that everything in the body affects everything else. Your breathing and voice can be negatively impacted by bodily mechanical issues. It shows how important it is to take care of our posture and head/neck relationship. Thank you Joan for inspiring me to incorporate more daily awareness to this!!

Marcie Ryan

[marcier75@gmail.com](mailto:marcier75@gmail.com)

Takeaway - Thank you Joan for all of the wonderful information, your insight so very valuable. To aspects that stood out to me: We are athletes and need to warm up. And to let the voice do what it wants to do. Your expertise opened my eyes to more techniques to work on to enhance my craft. I am looking forward to learning more and diving into the Alexander Technique. Thank you for your time and positive energy, it was so nice meeting you.

Tyler McKenzie

[tyler@thetylermckenzie.com](mailto:tyler@thetylermckenzie.com)

It was a pleasure working with Joan. Her exercises were, as always, fun and helpful for my voice. But what I really appreciated was how understanding and attentive she was to each member of the group's questions and comments. Most of whom she met moments ago. She really is a master teacher.