

Your Communication Profile

Many elements contribute to your overall communication profile. Whatever specific aspect of you profile you are working on, understanding how it interacts and overlaps with other elements will assist you.

Speech	Voice	Intonation	Language	Cognition and Personality	Environment
<i>The sounds you produce and how you say them</i>	<i>The quality (includes things like tone, timbre and also volume) of sounds you produce</i>	<i>The interaction of rhythm, pitch and volume (also called inflection, prosody or modulation)</i>	<i>How your thoughts are expressed</i>	<i>Your thinking, how confident, extroverted, introverted, subject to stress you are etc.</i>	<i>Who you are talking to, what you are talking about and the actual physical setting</i>
Speech includes <i>how</i> you say the words of English. If you have trouble saying a certain sound that is a <i>speech</i> issue. If you are told you mumble that may fall under speech as well. Accent issues are speech issues, but accent interacts with every other element in this table.	Voices can be raspy, harsh, smooth etc. They can be high or low in pitch. They may have more chest, head or nasal resonance. When you have laryngitis for example, it affects your voice, but not your speech or language.	Speaking in a <i>monotone</i> or overuse of <i>uptalk</i> are examples of intonation issues. The subtle differences in timing that arise from an accent can affect intonation, as can intonation patterns typical in the speaker's native language.	When you <i>can't find the right word</i> , or have <i>trouble getting your thoughts out</i> --that's language. Sentence construction and grammar are included here. Your ability to use language is affected by every element in this table, especially by cognition, personality and environment.	How you use body language, how comfortable you are with speaking loudly or speaking slowing are all affected by your personality. Stress caused by the environment (or perhaps at times by your accent), affects your ability to think.	Talking to a friend is different from expressing a complex idea at a high level business meeting. The actual environment (noisy, quiet), who you are talking to (friend, stranger) and what you are talking about (straightforward, complex) all affect your ability to communicate.

Body language is another example of overlap and interaction. We often respond to body language without actually being conscious of what we are responding to: eye gaze, how much, how little, when and how a person moves as they speak. We react to how close they are to their communication partner, how much they smile or show evidence of physical tension - these are all aspects of body language.