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Ten Top Tips for Podcasting

ANGIE FLYNN-MCIVER / [IGNITECSP.COM](https://ignitecsp.com)

Ten Top Tips

1. Staying hydrated helps us keep talking without straining our voices. When you're going to record, start drinking water 2-3 hours before go time.
2. Avoid caffeine when you're recording. It dries up the soft folds of your vocal cords and makes you sound raspy.
3. Massage your jaw, right in the hinge where it attaches to the rest of your head. This releases tension that can create a "tight" sound.
4. Loosen up your neck and shoulders. Roll your shoulders forward and back, pull them up to your ears and drop them.
5. Articulation exercises help you prepare. Say "The lips, the teeth, the tip of the tongue," and engage the parts of your mouth as you say them.
6. Enable "Do Not Disturb" on all your devices. You don't want the pings and buzzes captured right in the middle of a great segment of your podcast!
7. Lay out your notes in a way that you can see and use them without shuffling during recording.
8. Eliminate any extra sound pollution, like jewelry that clinks, sleeves that rustle, or chairs that squeak.
9. Check your tech ahead of time, and have extra chargers, cables, and batteries nearby.
10. **Ten tips are not enough to make a great podcast.**

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And you *want* your podcast to be *great*.

You have worked for years to develop your skills and knowledge, and now it's time to share what you know.

"Good enough" isn't good enough.
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ABOUT

Angie Flynn-McIver is the author of *Before You Say Anything: How to Have Better Conversations, Love Public Speaking, and Finally Know What to Do with Your Hands*

Angie's company, Ignite CSP, brings leadership coaching and communication skills training to individual clients and organizations worldwide.

Learn more at www.ignitecsp.com

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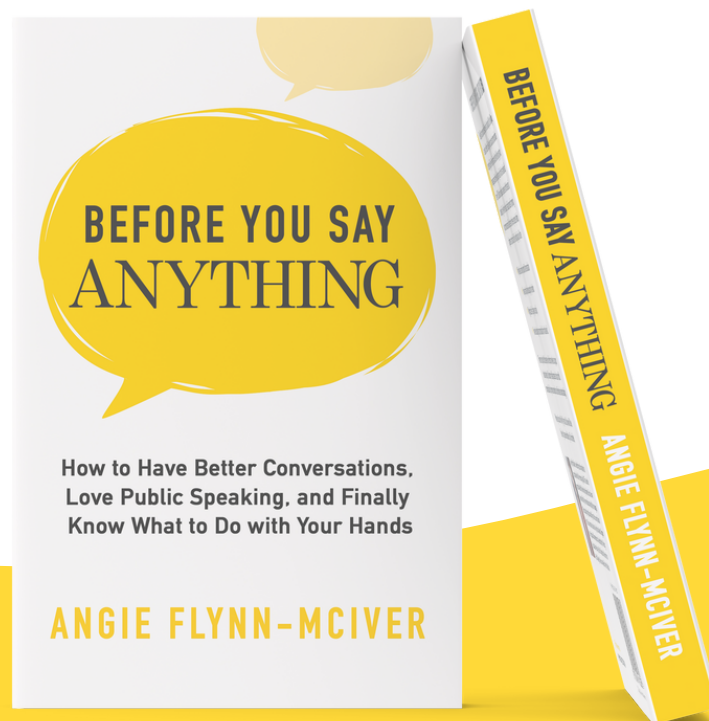
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Ten Top Tips for Podcasting

- ☐ Start hydrating 2-3 hours before recording
- ☐ Avoid caffeine while recording
- ☐ Massage your jaw
- ☐ Loosen your neck and shoulders
- ☐ Practice articulation exercises
- ☐ Enable "Do Not Disturb" on all devices
- ☐ Lay out your notes; don't shuffle pages
- ☐ Eliminate extra sound pollution
- ☐ Check tech ahead of time
- ☐ Work with a coach!