

VOCABULARY · EPISODE 61

Control Your Voice Under Pressure Ep3

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to project your voice

proyectar la voz · hacer que tu voz llegue lejos sin esfuerzo**DEF**

to make your voice carry further by using breath support and resonance, without straining or shouting

Project your voice is actor and speaker training language — it is NOT about being louder, but about being fuller. Good voice projection comes from breathing, posture, and resonance, not volume. Critical for job interviews, presentations, and meetings in English.

ES

Hacer que tu voz llegue más lejos usando el apoyo del aliento y la resonancia, sin forzar ni gritar. No se trata de ser más ruidoso, sino de ser más pleno.

Project your voice — speak from the diaphragm, not the throat, and you will be heard without effort.

Project your voice — speak from the diaphragm, not the throat, and you will be heard without effort. ->

Proyecta la voz — habla desde el diafragma, no desde la garganta, y te escucharán sin esfuerzo.

She practised projecting her voice every morning and in meetings people started asking for her opinion more.

She practised projecting her voice every morning and in meetings people started asking for her opinion more.

-> Practicó hacer que su voz llegara lejos sin esfuerzo cada mañana y en las reuniones la gente empezó a pedirle su opinión más a menudo.

2 to speak with authority

hablar con autoridad · transmitir seguridad y credibilidad al hablar

DEF

to speak in a way that conveys confidence, expertise, and credibility — so that people naturally trust and pay attention to what you say

Speaking with authority is not about being aggressive or dominant — it is about vocal confidence, clarity, and the absence of hedging. Many learners undermine their excellent English with apologetic tone and excessive 'sorry, but...'

ES

Hablar de una manera que transmite confianza, experiencia y credibilidad — para que la gente naturalmente confíe y preste atención a lo que dices.

No se trata de ser agresivo o dominante — se trata de confianza vocal, claridad y ausencia de disculpas.

Speak with authority — slow down, breathe, and trust that what you are about to say is worth hearing.

Speak with authority — slow down, breathe, and trust that what you are about to say is worth hearing. -> Habla con autoridad — ve despacio, respira y confía en que lo que estás a punto de decir merece ser escuchado.

The moment she stopped apologising for her accent and spoke with authority, the room started listening.

The moment she stopped apologising for her accent and spoke with authority, the room started listening. -> En el momento en que dejó de disculparse por su acento y empezó a transmitir seguridad y credibilidad, la sala empezó a escuchar.

3 to command attention

3 captar la atención · hacer que otros se detengan y te escuchen gracias a tu presencia

DEF

to cause others to stop, listen and focus on you — through presence, voice, or delivery rather than noise or aggression

Command attention is a quality that comes from confidence, not volume. A person who commands attention in English does not shout — they are clear, deliberate, and calm. For English learners, commanding attention in a second language is a real achievement and a real skill.

ES

Hacer que otros se detengan, escuchen y se centren en ti — a través de la presencia, la voz o la entrega, no el ruido.

Una cualidad que proviene de la confianza, no del volumen. Una persona que capta la atención en inglés no grita.

You do not need a loud voice to command attention — clarity and pace are more powerful than volume.

You do not need a loud voice to command attention — clarity and pace are more powerful than volume. -> No necesitas una voz alta para captar la atención — la claridad y el ritmo son más poderosos que el volumen.

She commanded attention not by speaking loudly but by pausing before key points and maintaining eye contact.

She commanded attention not by speaking loudly but by pausing before key points and maintaining eye contact. -> Captó la atención no hablando en voz alta sino haciendo pausas antes de los puntos clave y manteniendo contacto visual.

4

to raise your voice

alzar la voz · hablar más alto de lo habitual para enfatizar o ser escuchado

DEF

to speak louder than usual — either to be heard in a noisy environment or to convey strong feeling

Raise your voice has two very different meanings. In a presentation, raising your voice means increasing volume for emphasis. In a conflict, it means losing control. For English learners, understanding when and how to raise your voice — versus lowering it — is part of expressive communication.

ES

Hablar más alto de lo habitual — ya sea para ser escuchado en un ambiente ruidoso o para transmitir un sentimiento fuerte.

Tiene dos significados muy diferentes. En una presentación, alzar la voz significa aumentar el volumen para enfatizar.

Raise your voice on key words for emphasis, not throughout — selective emphasis is more powerful.

Raise your voice on key words for emphasis, not throughout — selective emphasis is more powerful. -> Alza la voz en las palabras clave para enfatizar, no durante toda la presentación — el énfasis selectivo es más poderoso.

She learned to raise her voice at exactly the right moments and her presentations became more compelling.

She learned to raise her voice at exactly the right moments and her presentations became more compelling. -> Aprendió a alzar la voz en exactamente los momentos correctos y sus presentaciones se volvieron más convincentes.

5

to lower your voice

bajar la voz · hablar más bajo de lo habitual para crear énfasis o intimidación

DEF

to speak more quietly than usual — for emphasis, to create intimacy, or to draw listeners closer

Lower your voice is the counterintuitive power move. A presenter who suddenly speaks very quietly does not lose the room — they pull the room in. Lowering your voice for emphasis is more effective than raising it, because it forces listeners to pay closer attention.

ES

Hablar más bajo de lo habitual — para énfasis, para crear intimidad, o para atraer a los oyentes.

El movimiento de poder contraintuitivo. Un presentador que habla muy bajo no pierde al público — lo atrae.

Lower your voice at key moments — it draws listeners in more powerfully than raising it.

Lower your voice at key moments — it draws listeners in more powerfully than raising it. -> Baja la voz en los momentos clave — atrae a los oyentes más poderosamente que alzarla.

She surprised the room by lowering her voice to almost a whisper at the most important line, and everyone leaned in.

She surprised the room by lowering her voice to almost a whisper at the most important line, and everyone leaned in. -> Sorprendió a la sala bajando la voz hasta casi un susurro en la línea más importante, y todos se inclinaron hacia adelante.

6

to assert yourself

afirmarse · expresar los propios puntos de vista con confianza y sin agresividad

DEF

to state your views, needs or rights confidently and clearly — without being aggressive or passive

Assert yourself is the confidence verb in communication. In English-speaking professional or social contexts, people who do not assert themselves are often misread as lacking opinions or competence. For learners, asserting yourself in a second language is doubly challenging — but doubly impactful when done well.

ES

Expresar tus puntos de vista, necesidades o derechos con confianza y claridad — sin ser agresivo ni pasivo.

El verbo de la confianza en la comunicación. Los que no se afirman son malinterpretados como faltos de opiniones.

Assert yourself in English discussions — state your view clearly and do not wait to be invited.

Assert yourself in English discussions — state your view clearly and do not wait to be invited. -> Afírmate en las discusiones en inglés — expresa tu punto de vista claramente y no esperes a que te inviten.

She learned to assert herself in team meetings instead of waiting to be asked and quickly became more visible.

She learned to assert herself in team meetings instead of waiting to be asked and quickly became more visible. -> Aprendió a afirmarse en las reuniones de equipo en lugar de esperar a que le preguntaran y rápidamente se volvió más visible.

7

presence

la presencia · la cualidad de estar plenamente y poderosamente ahí

DEF

the quality of being fully and powerfully there — the sense that a person fills a room with their energy, attention, and confidence

Presence is the word for the quality that cannot be taught directly but can be developed. Speakers with presence are not necessarily the loudest or the most eloquent — they are the most fully there. They do not check their phone, they do not rush, they do not apologise for existing in the room.

ES

La cualidad de estar plena y poderosamente presente — la sensación de que una persona llena una sala con su energía, atención y confianza.

La palabra para la cualidad que no se puede enseñar directamente pero que puede desarrollarse.

Presence is developed through practice — the more you speak English in public, the more natural your presence becomes.

Presence is developed through practice — the more you speak English in public, the more natural your presence becomes. -> La presencia se desarrolla con la práctica — cuanto más hablas inglés en público, más natural se vuelve tu presencia.

She walked into the room with presence and before she had spoken a word, the room was already paying attention.

She walked into the room with presence and before she had spoken a word, the room was already paying attention. -> Entró a la sala con presencia y antes de haber pronunciado una palabra, la sala ya prestaba atención.

to hold the floor

8

mantener el turno de palabra · mantener el control de una conversación sin ser interrumpido

DEF

to maintain control of a conversation or discussion — keeping speaking without being interrupted or losing the audience

Hold the floor is the parliamentary phrase for keeping your turn to speak. In meetings, presentations, and discussions, knowing how to hold the floor — using transitions, varying pace, building to key points — is a communicative power skill that English learners rarely practise deliberately.

ES

Mantener el control de una conversación o discusión — seguir hablando sin ser interrumpido o perder al público.

La frase parlamentaria para mantener tu turno de hablar. En reuniones y presentaciones, saber cómo mantener el turno es una habilidad de poder comunicativo.

Hold the floor with transition phrases like 'and furthermore', 'what this means is', 'let me come back to that'.

Hold the floor with transition phrases like 'and furthermore', 'what this means is', 'let me come back to that'. -> Mantén el turno con frases de transición como 'and furthermore', 'what this means is', 'let me come back to that'.

She held the floor for twenty minutes in a heated discussion without once losing the audience's attention.

She held the floor for twenty minutes in a heated discussion without once losing the audience's attention. -> Mantuvo el turno de palabra durante veinte minutos en una discusión acalorada sin perder ni una vez la atención del público.

to make your point

9

hacer tu punto · comunicar tu idea central claramente para que sea entendida y recordada

DEF

to communicate your central idea clearly so that it is understood and remembered by the listener

Make your point is the communication goal for every sentence you speak. In English, making a point effectively means: stating it simply, supporting it with evidence, and landing on it deliberately. Many learners talk around their point — they build up to it and never quite say it. Learning to make your point directly is a fluency leap.

ES

Comunicar tu idea central claramente para que sea comprendida y recordada por el oyente.

El objetivo de comunicación de cada frase que pronuncias. En inglés, hacer un punto efectivamente significa: declararlo simplemente, apoyarlo con evidencia y aterrizarlo deliberadamente.

Make your point early in English — do not build up to it, state it and then explain.

Make your point early in English — do not build up to it, state it and then explain. -> Haz tu punto pronto en inglés — no lo acumules, decúlalo y luego explica.

She used to take three minutes to make a point that could be made in thirty seconds, and she worked on this directly.

She used to take three minutes to make a point that could be made in thirty seconds, and she worked on this directly. -> Solía tardar tres minutos en hacer un punto que podía hacerse en treinta segundos, y trabajó directamente en esto.

10 to vary your tone

variar tu tono · cambiar el tono, velocidad y expresividad de tu voz

DEF

to change the pitch, speed, and expressiveness of your voice rather than speaking in a flat, monotonous way

Vary your tone is the musicality instruction for speech. Monotone delivery makes even good content feel dull. By varying tone — rising on questions, dropping on conclusions, speeding up in lists, slowing before key points — you make your English both more natural and more engaging.

ES

Cambiar el tono, velocidad y expresividad de tu voz en lugar de hablar de forma plana y monótona.

La instrucción de musicalidad para el habla. La entrega monótona hace que incluso el buen contenido se sienta aburrido.

Vary your tone when presenting — a monotone voice loses the listener within two minutes.

Vary your tone when presenting — a monotone voice loses the listener within two minutes. -> Varía tu tono cuando presentes — una voz monótona pierde al oyente en dos minutos.

She recorded her presentation, realised her tone was flat throughout, and practised varying it by phrase.

She recorded her presentation, realised her tone was flat throughout, and practised varying it by phrase. -> Grabó su presentación, se dio cuenta de que su tono era plano en todo momento, y practicó variarlo frase por frase.