

## VOCABULARY · EPISODE 61

## Control Your Voice Under Pressure Ep3

Key words &amp; expressions · English + ■■■■■

10 words

Your English Toolbox

## 1 to project your voice

ندرب رود راشف نودب ارتیادص ندرک باترپ ارتیادص

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.*

ندز داد ای ندر و راشف نودب ندرپ رت رود ارتیادص نینط و سفن تیامح زا هدافتسا اب  
تسا نودب رترب هکلب تسی نودب رتدنلب

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

یوشلیم هدی نش شالت نودب و ولگ زا هن نک تبحص مگارفای ذانک باترپ ارتیادص .

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

ار شرظن رتشیب مدرم تا سلاج رد و درب رود راشف نودب ارتیادص درک نیرم تبص ره .

ندنسرب

## 2 to speak with authority

ندز فرح رابتعا و دامتعا اب ندرک تبحص رادتقا اب

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...'*

هچنآ هب یعیب روط هب مدرم ات دنکلم لقتنم ارتابتعا و صصخت، دامتعا هک ندرک تبحص یلکش هب  
ندنک هجوت و دنک دامتعا ییوگلم

تسا یه اوخ رذع دوبن و حوضو، یتوص دامتعا هرابرد تسی نودب طلسم ای میج اهت

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

شزرا ییوگب یه اوخلم هچنآ هک نک دامتعا و شرکب سفن، وش دنک نک تبحص رادتقا اب .

دراد ندی نش

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

قاتا دز فرح رابتعا و دامتعا اب و دیشک تسد شاهجهل تباب یه اوخ رذع زا هک یه اهلحل .

درک نداد شوگ هب عورش

3

## to command attention

ندرک نداد شوگ و فقوت هب راداو ار نارگی د ادص ای روضح اب نداد نامرف ار هجوت

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.*

ادص ورس هن هئارا ای ادص، روضح قی رط زا امش یور زکرم ت و نداد شوگ، فقوت هب نارگی ندرک راداو  
مچح هن دی آلم سفن هب دامتعا زا هک یگژیو

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

دنتسه مچح زا رتلیوق برض و حوضو دیرادن زاین دنلب یادص هب هجوت نداد نامرف یارب .

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

سامت ظفح و یدی لک تاکن زا لبق تکم اب هکلب دنلب تبحص اب هن ار هجوت .

داد نامرف یمشچ

4

## to raise your voice

ندرک تبحص لومعم دح زا رتدنلب ندرک اب ال اب ار نات ای ادص

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.*

یوق ساسح لاق تنایارب ای ادص ورس رپ طیحم رد ندش هدی نش یارب ای ندرک تبحص لومعم دح زا رتدنلب  
دراد توافتم رای سب یانعم ود

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

دی کأت بلطم لک لوط رد هن، دیربب ال اب دی کأت یارب یدی لک تاملک یور ار نات ای ادص .  
تسا رتلیوق یباختنا

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

رتب انج شی اهلئارا و دربب ال اب ار شی ادص بس انم تاظحل رد اقی قد تفرگ دای .

دندش

5

## to lower your voice

ندرك تب حص ي كى دزن داجى اى دى كأت ي ارب لوم عم دح زا رتلم آ ندر ب نى ي ا پ ار ن ا تى ا دص

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.*

ن ا گدن ونش بذج اى ، ي كى دزن داجى اى ، دى كأت ي ارب ندر ك تب حص لوم عم دح زا رتلم آ

ي دوه شدض تردق ت كرح

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

د ن كلى م بذج ش ندر ب ال اب زا رتلى وق ار ن ا گدن ونش دى ر ب ب نى ي ا پ ي دى ل ك تا ظ ح ل رد ار ن ا تى ا دص .

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

رد هم زم ز كى ا ب ي رقت هب ش ي ا دص ندر ب نى ي ا پ اب ا ر ق ا ت ا .

د ن دش م خ ول ج هب هم و ، درك هد ز ا ت ف گ ش ط خ نى ر تلم هم

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## to assert yourself

ندرك ن ا ي ب حوضو و ن ا نى م ط ا ب ار ن ا تى ا ه ز ا ي ن ا ي ا ه ا گ دى د ندر ك ع ا ف د ن ا ت د و خ زا

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.*

ن د و ب ل ع ف ن م ا ي م ج ا ه ت ن و د ب حوضو و ن ا نى م ط ا ب د و خ ق و ق ح ا ي ا ه ز ا ي ن ، ا ه ا گ دى د ن ا ي ب

ط ا ب ت ر ا ر د س ف ن ه ب د ا م ت ع ا ل ع ف

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

ت و ع د ر ظ ت ن م و دى ن ك ن ا ي ب ح ض و ا ر ن ا ت ا ه ا گ دى دى ن ك ع ا ف د ن ا ت د و خ زا ي س ي ل گ ن ا ي ا ه ا ك ح ب ر د .

دى و ش ن

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

ع ا ف د ش د و خ زا ي م ي ت ت ا س ل ج ر د ، ن دش ه دى س ر پ ر ظ ت ن م ا ج ه ب ت ف ر گ د ا ي .

دش ه دى ر ت ش ي ب ت ع ر س ه ب و د ن ك

## 7 presence

ندوب اجنآ هنادنم تردق و الماک یگژی و روضح

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.*

شسفن هب دامتعا و هجوت ، یژرنا اب ارقاتا کی یدرف هکنیا ساسح ا ندوب روضح هنادنم تردق و الماک یگژی و دنکلی م رپ

داد هعسوت ناوتلی م اما تخوم آامی قتسم ناوتلی من هک یگژی و یارب هملاک

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

مومع رد رتشیب هچ ره دبایلی م هعسوت نی رمت قی رط زا روضح .  
دوشلی م رتایعی بطنات روضح ، دینک تبحص سیسی لگنا

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

هجوت الابق قاتا ، دیوگب یاهملاک هکنیا زالبق و دش قاتا دراو روضح اب .  
درکلی م

## 8 to hold the floor

ندرک ظفح ندش عطق نودب ار هملاکم لرتنک نتشاد هگن ار تبحص تبون

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.*

نابطاخم نداد تسد زا ای ندش عطق نودب تبحص همادا ثحب ای هملاکم کی لرتنک ظفح  
تبحص تبون نتشاد هگن یارب ی نامل راپ ترابع

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

، لثم یلاق تنا تارابع اب ار تبون .  
دیواد هگن ،

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

هجوت راب کی یتح هکنیا نودب تشاد هگن ار تبون غاد ثحب کی رد هقی قد تسیب .  
دهدب تسد زا ار نابطاخم

9

## to make your point

ندرك رارقرب طاب ترا ينشور هب ار نات يزكرم هديا ندرك نايب ار تاهتكن

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.*

دروايب داي هب و دم هفب ار نا هدنوش ات نات يزكرم هديا حضاو طاب ترا  
دي نكليم نايب هك ي اهله مچ ره ي طاب ترا فده

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

هدب حوضوت سپس و نك نايب ار نا، هدن عي مچت نا هب نك نايب ي سي لگنا هب دوز ار تاهتكن

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

هك دنك نايب ار ي اهتكن ات ديش كلیم لوط هقي قد هس آلوم عم .  
درك راک ني ا ورام ي ق تسم و ، دوش نايب هيا ت ايس رد تس ناوت لیم

10

## to vary your tone

نداد ريي غت ار نات ي ادص ي رگن اي ب و تعرس ، م ب و ريز ندرك عون تم ار نات نحل

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.*

تخاونكي و تخت لكش هب ندرك تب حص ي اج هب نات ي ادص ي رگن اي ب و تعرس ، م ب و ريز ريي غت  
رات فگ يارب ي اقي سوم لم عمل اروت سد

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

تسد زا هقي قد ود رد ار هدنوش تخاونكي ي ادص كي ديك عون تم ار نات نحل دي هليم هئارا ي تقو .  
دهليم

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

نا درك نيرمت و ، تسا تخاونكي لوط مامت رد ش نحل دش هجوت م ، درك طبض ار شاهئارا .  
دك عون تم ترابع هب ترابع ار