WHAT IS VOCAL WEIGHT?

Vocal weight is the **perceived density of your spoken voice**; how **thick/solid vs light/airy** it sounds to listeners. This is about **perception and style**, **not about "good/ bad"** voice or making you sound inauthentic.

Heavier Vocal Weight

- More **"substance"** in the tone
- Voice feels **more anchored (less floaty)**
- Often has cleaner **low-mid presence** and **less airy** character
- Consonants can feel a bit **firmer** / more forward

Common Strategies People Use in Training

Reduce excess breathiness (less "hiss," more "core")
Aim for a more **"centred" sound** (less float)
Use slightly firmer onset to phrases **(start sounds with clearer structure)**

Lighter Vocal Weight

- More **airiness**
- More **"floating"** quality
- Often has **more upper brightness** relative to thickness
- Can sound more **"soft"** even at similar volume

Common Strategies People Use in Training

Allow **a bit more air and "shine" without becoming breathy**/noisy
Soften the edge of tone (less blunt thickness)
Keep the voice from sounding overly "pressed" or grounded

Note: You generally want light to mean clear and soft, not strained or whispery. Breathiness and roughness can be perceived differently than "feminine lightness."