

APRIL 2010

From Stage-Fright to Stage Right

Real Life Success Story

“think
learn?
succeed

“Smart training for clever people”

Meg was a senior manager with a problem. She had been covering up her stage fright for years.

If Meg was due to present at management meetings, she phoned in sick. She delegated sales pitches to her team. Meg even pretended to receive emergency texts so she could exit before it was her turn to speak at board meetings.

But now Meg had a problem. She was due to deliver a speech at a conference in three months' time. She came to Think Learn Succeed begging for help. Our communication skills trainers spent time with Meg and designed a customised training program for her.

What Meg needed

Meg needed to shift her thinking about public speaking. This was tough, as she had developed a phobia. She also needed to get some experience on stage before speaking at the conference.

How Meg tackled her problem

Meg signed up for a customised coaching program with Eleanor Shakiba. During this program she:

- Learned how to 'recode' anxious thinking patterns using the NLP phobia cure
- Listened regularly to a recording – made specifically for her – that helped her relax
- Wrote a speech that focussed on the audience, rather than Meg
- Rehearsed her speech with her coach
- Practised her speech in front of her team, then in front of her management group
- Joined an amateur theatre company and started drama classes

What happened next

Meg discovered that by asking her audience to interact, she could take the spotlight off herself. This made her comfortable on stage, as well as making her presentations interesting. After practising her speech in front of several audiences, Meg was able to think positively about her conference presentation. Two years later, Meg is now a regular performer in the amateur theatre in Sydney.

Learn more about it

Discover how to stand out as an excellent presenter. Book a session of Mesmerise Your Audience for your team. Learn how to connect with an audience, code information to make it memorable, speak with influence, apply accelerated learning techniques and add sparkle to your delivery by telling captivating stories. A great course for anyone wanting to present influential proposals, motivate teams, train staff or deliver powerful speeches.

Book a course or coaching program with our communication skills trainers.
[Contact us now](#)

