

Beat Stage Fright

with

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“think
learn?
succeed”

Have you suffered “butterflies” before a presentation? If so, you’re perfectly normal.

Most people experience slight anxiety before speaking. But when anxiety turns into terror, you’ve got stage fright. Signs of stage fright include:

- racing heart or palpitations
- dry mouth
- dizziness, nausea or vomiting
- urgent need to go to the toilet
- increased sensitivity to sounds, sights or smells

What you can do about it

You can manage stage fright with these three easy steps:

1. **Reprogram negative thoughts.** When you imagine something going wrong, you’re mentally rehearsing how to make it happen. So stop worrying. Rehearse positive scenarios instead. See the NEW section on page 3 to find out how.
2. **Breathe deeply.** This tricks your brain into thinking you’re relaxed. Close your eyes. Imagine your chest is a coffee plunger. As you breathe in, imagine the plunger going down and taking air with it. Pause. Then imagine the plunger rising as you breathe out. Repeat this process for five minutes just before you walk on stage.
3. **Talk about the audience, not yourself.** Stage fright stems from a fear of being criticised. But people won’t criticise you when you’re talking about them. Research your audience before your speech. Get people onside by talking about what they will gain and how they can use the ideas you present.

Read More About It

Roland, D. *The Confident Performer*

This is a practical book, written by an expert in performance psychology. Dr Roland explains why you suffer stage fright and how to manage it. He gives great tips for handling the physical effects of fear. He also offers lots of advice on how to manage your thinking on stage.

Eleanor Shakiba, Director

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**Book Eleanor to run a course for your team
Call 0433 126 841 for quotes and bookings**