

# Create a confident stage persona with NLP

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Did you know many famous actors suffer from stage fright? They cure it by taking on a role before stepping onstage.

**You can do the same thing before your next speech or performance. Use this NLP process to create your confident stage persona.**

## 1. Imagine you are in your own audience

Picture your performance space just before you enter it. Notice what the audience sees. Listen for the sounds they are hearing. Imagine what they will be feeling as they wait for your speech to start.

## 2. See yourself walking confidently onstage

Imagine a confident version of yourself. How do they stand? What gestures do they use? What are they wearing? Picture this confident ‘you’ standing in front of the audience.

## 3. Hear your voice ringing out boldly

Imagine the confident ‘you’ talking in a positive tone. Listen to the volume and pace of speech you take on as a confident performer. Hear the words you speak and the sounds of the applause from your audience.

## 4. Imagine stepping into the picture

Notice how it feels to stand confidently. Which muscles are you aware of? How are you breathing? What do you in your shoulders and throat when you’re confident.

## 5. Fast forward to the applause

Imagine you have finished your speech and done a great job. Listen to the applause. Feel the sense of satisfaction. Look at the smiling faces in your audience. Allow yourself to fully enjoy this moment.

Before your next speech, go through this process every day for a week. You’ll be amazed at the difference it makes.

## Learn More About It

Do you want to know more about becoming a great public speaker?

You’ll love our course, Mesmerise Your Audience. Learn how to connect with an audience, code information to make it memorable, speak with influence, create a charismatic persona and add sparkle to your delivery by telling captivating stories.

Discover what NLP is and how it can enrich any communication.

**Book NLP training for your team**

Call 0433 126 841

