

Overcoming Stage Fright



You Know You've Stage fright...

You can't think straight...



Your voice cracks

Your hand shakes



You're dripping with sweat

Your heart thumps - really thumps!

Your legs threaten to collapse

As long as there exist a group
of audience,

there exist the possibility of
stage fright.

...Even though sometimes no
speaking is involved.



No one is immune to stage fright - the four degrees

- Hide - for the rest of my life.....
- I am afraid, very afraid - but I don't say.
- Well... Ok, I don't like to but I got to.
- I love to perform! Yet I am afraid.

The 4A's of Stagefright - how it works

1) Anticipation

2) Avoidance

3) Anxiety or Panic

4) Appraisal or Evaluation

Nature of Stage fright - the analysis

What you shouldn't think about:

- **YOURSELF & YOUR ANXIETY**

What you should think about:

- **YOUR PRESENTATION & PERFORMANCE**



Stagefright Q&A

Q: I am already very nervous... before I go on stage. How much worse it will be when I start performing?

A: 'Anticipation' is the worst part, after that, it will be much better.

Stagefright Q&A

Q: I feel that it is not OK to be nervous or anxious!

A: Anxiety is a healthy part of being on stage!

It means you care and you want to do well!

See it in a positive light!

Stagefright Q&A

Q: What if the audience laughs at me?

A: Audience also wants YOU to be SUCCESSFUL!

The 4Bs for overcoming stage fright



1) Breathe



2) Believe



3) Be Calm



4) Be Cool

Take the Stage

Speak Your World!

