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
You hearts thumps - really thumps!
You 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) Apprasial 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!