

STAGE FRIGHT

- I. Stage fright
 - A. Number one phobia—3 out of 4 people
 - B. Physical symptoms
 - 1. Shallow breathing
 - 2. Nervousness
 - 3. Dry throat, etc.
 - C. State of mind
 - 1. Fear of public speaking
 - 2. Self-consciousness
 - a. Knowledge
 - b. Experience
 - c. Appearance
- II. Tips
 - A. Prepare thoroughly
 - 1. Know purpose/goals
 - 2. Do legwork/research
 - 3. Plan content
 - a. Keep it simple and clear
 - b. Outline notes
 - 1) Use only key words and phrases
 - 2) Number notecards
 - c. Include interesting information
 - 1) Stories
 - 2) Surprising statistics, etc.
 - d. Write powerful introduction and conclusion
 - 4. Practice, practice, practice
 - a. Simulate circumstances
 - b. Use outline as speaking guide
 - c. Don't try to memorize
 - 1) May blank out
 - 2) Sound too stilted
 - d. Expect wording to change
 - 1) Learn main ideas
 - 2) Don't worry about exact wording
 - e. Have audience if possible
 - f. Tape presentation

5. Speak in public as much as possible
 - a. Polish skills—similar to athletes, artists, etc.
 - b. More practice develops more confidence
- B. Visualize success—imagine giving good speech
 1. Have conviction
 2. Believe in message
 3. Be positive/optimistic
 - a. “I’m glad I have this opportunity.”
 - b. “I know and believe in my message.”
 - c. “I want the audience to learn about my topic.”
- C. Focus on content and audience
 1. Content
 - a. Provide service to audience
 - 1) Clear, meaningful message
 - 2) Helpful information
 - b. Take on role of teacher, not performer
 - 1) Not worried about messing up
 - 2) Concerned with sharing message with audience
 2. Audience members
 - a. Act as partner in process
 - b. Want speaker to succeed
 - c. Expect to learn
 - 1) Not comedy routine or show
 - 2) Not performance
 - d. Frequently unaware of any mistakes
 - e. Forgive mistakes
 3. Focus
 - a. Be audience-conscious, not self-conscious
 - b. Speak to audience as individuals
 - c. Stay in the “now”
 - 1) Avoid random, negative thoughts
 - 2) Control fears with focus
 - d. Don’t rush
- D. Expect some stage fright
 1. Redirect nervous energy into enthusiasm
 2. Reduce physical stress
 - a. Do relaxation exercises
 - b. Do vocal warm-ups
 - c. Take deep breaths