

OVERCOMING NERVES AND STAGE FRIGHT

The symptoms of stage fright and nerves are:

- Knees shaking
- Voice quivering
- Dry throat
- Sweaty palms
- Mind going blank
- You feel on edge
- Your heart rate increases

Your fears could include:

- Physical fear of the audience
- Fear of making a spectacle of yourself
- Fear of ridicule
- Fear that what you are saying is not worth saying
- Fear that you will bore the audience

If you have an ATTACK OF NERVES you need to COUNTER-ATTACK

To conquer these fears you need:

- Knowledge of the subject
- Practise, practise, practise your speech
- Earnestness of conviction in what you have to say
- Remember to breath

You also need to:

- Allow yourself to relax
- Decide you are going to make a success of your undertaking
- Eliminate the negatives in your mind like *if, what and maybe*
- Replace the negative mental attitude (fear) with a positive mental attitude (confidence)
- Imagine yourself delivering the speech with confidence
- Imagine the audience responding positively
- Concentrate on slowing down delivery rate

Confidence in yourself and skills in preparation will only come with practise