

## Checklist for Chapter

# 7

## OVERCOMING STAGE FRIGHT

### NOTES

Have you checked your attitude towards your audience?

Thorough preparation is crucial!

Rehearsing a talk is ideal!

Have you done everything possible to avoid the avoidable risks?

Do you have a clear standpoint?

### ***Quick reference relaxation exercise to release physical tension:***

- Sit on a chair
- Make your fists into balls
- Press your fists vigorously into your hips
- At the same time, tighten your stomach muscles
- Hold for a few seconds
- Release all the muscles again
- Breathe in deeply, slowly exhale

### ***Quick reference starting formula:***

- Breathe in and out, deeply
- Stand up, walk to the front, calmly, take your time
- Look briefly at your notes
- Look at the audience, look at a few people
- Smile
- Choose your light-towers
- Start



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