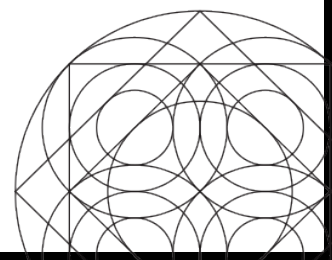
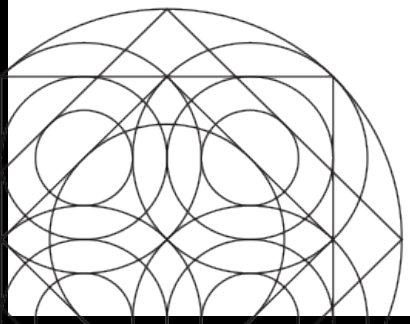


OVERCOMING

*fear*



# Overcoming Fear

*The major road block That most people have to performing is overcoming fears, so lets dive straight into the most common of these.*

*Preparation is the **KEY** and the following lessons will help **you win at every performance:***

**HIGHLIGHT THE ONES THAT REALLY TRIGGER  
SOMETHING FOR YOU!**

**THESE ARE THE ONES YOU'LL NEED TO WORK ON FOR  
YOUR NEXT BIG PERFORMANCE**

**THE AUDIENCE WANTS  
YOU TO WIN**

*When you're the presenter, you're given authority. The audience wants and expects you to lead them.*

**UNPACKING FEAR**

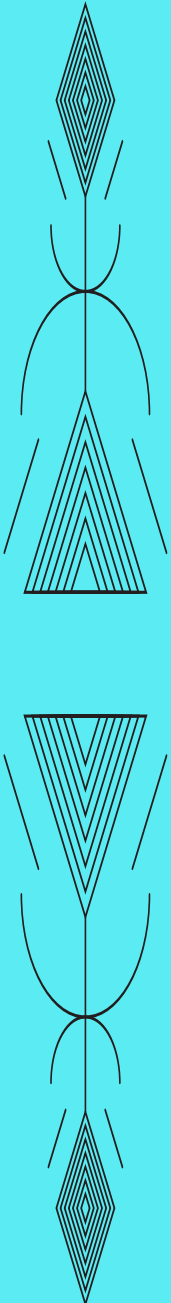
*Your body shows fear and excitement in almost identical ways.*

**MAKING FRIENDS WITH FEAR**

*Showing a little love and gratitude to your fear is a really beautiful  
practise*

**BRINGING ON THE FEAR**

*Be aware of how your fear shows up, and pre-trigger it to take out  
some of the bite*





# Overcoming Fear

## MAKE A CHOICE

*Commit to the performance  
Know the anxieties are short-term*

## REFRAMING PERFORMANCE AS A CONVERSATION

*means there is no right or wrong way - you're literally just  
speaking*

## GIVE YOURSELF A BREAK

*Build a break into those first 1-2 minutes by asking the  
audience a question*

## PHYSICAL STIMULATION

*Physical movement helps a lot when dealing with performance  
anxiety because often that anxiety is stored as tension in our  
muscles*

## BREATHING TECHNIQUES

*Breathe in through your nose for a count of 7  
Hold for a count of 4  
Exhale for a count of 8  
When exhaling make a sigh sound*



# Overcoming Fear

## EMOTIONAL STATE

*Alter your emotional state by just using laughter or feelings of happiness or love*

## MINDFULNESS TECHNIQUES

*Bring yourself into the present*

## VISUALISATION

*Visualize your entire performance from start to finish*

## ACCEPTING YOUR IMPERFECTIONS

*Your audience can relate to you better if you are imperfect, because they are too!*

## ATTITUDE IS EVERYTHING

*When you present yourself with an attitude of fear or discomfort it sets the rest of the stage for your entire presentation*

*Now list down the top three items that really triggered you or gave you an a-ha moment!*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_