

CONFIDENCE BUILDERS: RESOURCE 15
Day-Of Prep: How to Overcome Stage Fright

Time	Actions	Benefit
First thing, or 3 hours before your speech	<ul style="list-style-type: none"> • Review your content and make any final changes. • Create an index card or small sheet of paper with a rough outline or talking points 	<p>Give yourself enough time to finalize the content -- the outline also helps you review the flow of your points and gain perspective about the overall content.</p>
2 hours before your speech	<ul style="list-style-type: none"> • Do slow breathing exercises. • Warm up vocally and physically. • Practice out loud. • Walk around or sing. 	<p>Warm ups help you get in the zone and work to calm nerves and get your body in performance-ready mode.</p>
30 minutes beforehand	<ul style="list-style-type: none"> • Talk to people and converse with others around you. 	<p>Mindless chatter can take your mind off your presentation and put you in a more social place mentally. It is good to start speaking before you have to give your actual remarks.</p>
15 minutes beforehand and while sitting in your seat, ready to give your speech	<ul style="list-style-type: none"> • Find a quiet place (an actual place or somewhere in your mind) and center yourself. • Tell yourself affirmations like “you got this” or “you’ve done this before” or “you have something important to say”. • Take breaths and exhale slowly: repeat until the shakiness disappears. 	<p>It is important to reaffirm your trust in yourself. Rather than thinking about your nerves or overthinking your speech, it is helpful to remind yourself that your voice is worthy.</p>
Your name has been called and it’s time to go up to the front	<ul style="list-style-type: none"> • Turn it “on”. Mentally switch into performance mode. • Look at people as you walk up. 	<p>A performance mode helps you switch into a person who doesn’t feel fear. In this mode, you acknowledge the audience, instead of avoiding eye contact.</p>
Moment before your speech	<ul style="list-style-type: none"> • Turn it “on”. Mentally switch into performance mode. • Look at people as you walk up. 	<p>A performance mode helps you switch into a person who doesn’t feel fear. In this mode, you acknowledge the audience, instead of avoiding eye contact.</p>