



The ECHO™ — Your Weekly Presentation Tip

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Stage Fright isn't Stage Fright

Professional speaker and writer Tom Antion once said, "Stage fright isn't the most accurate term for the nervousness that occurs when considering a speaking engagement. In fact, most of the fear occurs before you step on-stage. Once you're up there, it usually goes away."

What we call stage fright is really "pre-stage" nervousness stored as energy looking for an outlet. Once you hit the stage and face your audience, you'll have a place to channel it. Look them in the eye, speak loudly, and use gestures above the waist and away from the body. You'll soon see that your nerves will disappear.

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