



Tricks To Overcome Stage Fright.

Here are some tips to help you overcome stage fright:

1. Practice: The more you practice your performance, the more comfortable and confident you will feel.
2. Deep Breathing: Practice deep breathing exercises to calm your nerves and reduce anxiety.
3. Visualisation: Imagine yourself delivering a successful performance in your mind, and focus on the positive outcomes.
4. Positive self-talk: Use positive affirmations to encourage and motivate yourself.
5. Focus on the audience: Instead of focusing on your fears, focus on your audience and try to connect with them.
6. Start small: Begin with smaller performances to gradually build your confidence and comfort level.
7. Seek support: Get support from friends or professionals, such as a therapist or a public speaking coach.

Remember, stage fright is common and can be overcome with time and effort.

For further information or to book a workshop contact

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