

CONTROLLING STAGE FRIGHT

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DEALING WITH STAGE FRIGHT

Stage Fright
is
the anxiety over the prospect of
giving a speech
in front of an audience.

WHY PUBLIC SPEAKING CAN BE FRIGHTENING

- ▶ Feeling of Strangeness:

Speaking before large groups of people, where one is the centre of attention, is not a n everyday occurrence.

- ▶ Element of Risk:

The importance of communication in such moments is usually great.

WHAT TO DO

“ The best speakers know best enough to be scared...The only difference between the pros and novices is that the pros have trained the butterflies to fly in formation.”

- Edward R. Murrow

(Radio & Television Commentator)

POSITIVE NERVOUSNESS

Positive nervousness is the controlled nervousness that help you to give better speech.

You should learn how to harness the energy generated by anxiety so that your speaking is more dynamic.

Transformed anxiety can make your speech sparkle.

HOW TO CONTROL NERVOUSNESS

- ▶ Before the speech day:
 - Acquiring speaking experience
 - Cognitive Restructuring
 - Replace any negative thoughts, such as “Everybody will think I’m stupid.” with positive message like “Listeners will enjoy the topic.”
 - Visualization
 - mental imaging in which a speaker vividly pictures himself or herself giving a successful presentation
 - Topic Selection
 - select a topic that interests and excites you, so that you get so involved with that there is little room in your mind to worry about your anxiety or yourself

HOW TO CONTROL NERVOUSNESS

- ▶ Before the speech day: (cntd.....)
- Preparation
 - Make a good script based on research.
- Practising
 - The more you will practise, the better speaker you will be
- Consider using presentation aids
 - A chart, graph, object, model helps you to think through your speech. It also encourages gesturing and thus helps release excess energy (Adrenaline) in constructive ways.

HOW TO CONTROL NERVOUSNESS

- ▶ On the speech day:
- Controlling Physical Symptoms of Anxiety
 - breathing deeply and slowly, tensing and then relaxing your muscles, starting with your neck and working down to your feet
- Cognitive Restructuring
 - Replace any negative thoughts, such as “Everybody will think I’m stupid.” with positive message like “Listeners will enjoy the topic.”
- Visualization
 - mental imaging in which a speaker vividly pictures himself or herself giving a successful presentation
- Most nervousness is not visible
 - Your nervous system may be giving you a thousand shocks, but the viewer can see only a few of them.
- Do not expect perfection

HOW TO CONTROL NERVOUSNESS

- Show positive attitude toward listeners
 - Do not think audience as 'the enemy'. Expect them to be helpful and attentive.
- Act confident
 - Walk briskly to the front of the room, look at your audience, and establish eye contact. If appropriate to your topic, smile before you begin the presentation. Show them a controlled speaker communicating well-researched and carefully prepared ideas.
 - When you reach your conclusion, pause, and then present your summary statement with special emphasis.
 - After completing, do not say "Whew!" or "Yes! I made it." neither shake your head to show your disappointment.

REMEMBER

Research on communication anxiety has established the following conclusion:

“These techniques do work, and they work best in combination.”

SPEECH COMMUNICATION PROCESS

▶ 7 Elements

➤ Speaker

- who is presenting the oral message (teacher)

➤ Message

- what the speaker is communicating (particular topic)

➤ Channel

- means by which message is communicated (whiteboard, marker, projector etc.)

➤ Listener

- who receives the speaker's message

➤ Feedback

- non-verbal message sent from the listeners to the speaker

➤ Interference

- which impedes the communication (if an intruder enters while lecturing)

➤ Situation

- time & place in which speech communication occurs