

Title:

How To Get Control Of Stagefright And Feel More Relaxed And Confident In Front Of Any Audience

Word Count:

442

Summary:

Remember the last time you got up in front of others to sing, give a presentation, or just to

You might have found yourself making silly mistakes or blanking out on what you were supposed

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Article Body:

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Feeling uneasy in front of a crowd is perfectly understandable. Even famous performers suffer

But it doesn't have to be that way. Stagefright can be conquered. Here are some professional t

1.) Try to remember when you first experienced stagefright. Somewhere in your past there was o

2.) Practice a technique called Future Shaping. Close your eyes and remember a time when you f

3.) Here's a strategy that uses a little hypnosis. When you begin to feel stagefright coming o

People who have no problem getting up in front of a crowd seem to have success fall into their

As a speaker or performer, getting past stagefright will improve your performance immensely. W

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