

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

21. Overcoming Stage Fright

BVPT-104: English & Communication

Unit 5: Public Speaking and Presentation Skills

Topic: Overcoming Stage Fright - Strategies for Building Confidence in Public Speaking

☐ What Is Stage Fright?

Stage fright (also called performance anxiety) is the nervousness or fear people feel **before or during public** speaking.

It can affect even the most knowledgeable students and professionals.

Common symptoms:

- Racing heartbeat
- Sweating or shaking
- Dry mouth or shaky voice
- · Blank mind or fear of forgetting

☐ Why Does Stage Fright Happen?

Stage fright is natural. It usually occurs because of:

CauseExplanationFear of judgmentWorry about what others will thinkFear of failureConcern about making mistakesLack of preparationFeeling unsure of what to say

Negative self-talk "I'm not good at this" or "They will laugh at me"

Inexperience New to speaking in front of groups

☐ Goal: Speak Confidently, Not Perfectly

Remember: The goal is to communicate—not to impress.

With the right strategies and regular practice, anyone can become a **confident speaker**.

☐ Strategies to Overcome Stage Fright

1. Know Your Material

- The more you understand your topic, the more confident you feel.
- Make a simple **outline** of your key points.
- Prepare for common questions or doubts.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

2. Practice Smartly	
	just in your head. d yourself, or ask a friend to listen. simulate the presentation setting.
☐ <i>Tip</i> : Watching yourself o	n video helps you correct posture, tone, and body language.
3. Visualize Success	
	d imagine speaking clearly and being appreciated. rsal" trains your brain for success.
☐ Affirmations: Repeat, "I	am prepared. I am confident. I will do well."
4. Control Your Brea	thing
• Try the 4-4-4 brea	reaths before and during your talk. athing method: Hold 4 seconds → Exhale 4 seconds
☐ Why it works: It relaxes	your nervous system and slows your heart rate.
5. Start Small and E	asy
 Begin with short t 	ont of a small group (friends or classmates). opics or participate in group discussions. ows, move to larger groups or formal events.
☐ Small steps lead to big o	onfidence.

• Having a guide helps avoid mental blocks.

 $\ \square$ But don't read every word—just glance when needed.

7. Engage with the Audience

- Make **eye contact** with friendly faces.
- Ask simple questions or use humor (if appropriate).
- Treat the talk as a **conversation**, not a performance.

☐ "Talk to the person, not the cr	rowd."
-----------------------------------	--------

© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

8. Accept Nervousness - Don't Fight It

- It's okay to feel nervous—it means you care.
- Many great speakers still feel nervous, but they **perform anyway**.
- ☐ Nervous energy can become positive energy if you channel it well.

☐ Before You Step on Stage - Quick Checklist

iask	Status
Know your key message	
Practice at least 2-3 times aloud	
Prepare slides or visuals	
Deep breathing 5 minutes before	
Carry a bottle of water and notes	
Smile, breathe, and begin!	

☐ Self-Check Questions

- 1. What are two common physical symptoms of stage fright?
- 2. Why is deep breathing useful before a presentation?
- 3. How can visualization help with nervousness?
- 4. Why should you avoid reading full slides during a speech?

☐ Key Takeaways

- Stage fright is common but manageable.
- Preparation + Practice = Confidence.
- Small wins build big courage—start now, grow slowly.
- Breathe, smile, speak—and focus on connecting, not impressing.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.