



CROSS-CHECK BEFORE DEPARTURE

7 Steps to Soar On Stage

The final hours before you take the stage move fast. Adrenaline pumps, time dwindles and suddenly you're on. If you're not ready for it, the frantic pace can raise anxiety and undercut your confidence at the worst possible time. **Next time, take a cue from the aviation industry and give yourself permission to fly.**

Much like any pre-flight routine, the world's best speakers employ a pre-show process to make sure all systems are go before takeoff. When your next big day rolls around, remember some of these tips.



1. BREAKFAST OF CHAMPIONS

Your mental alertness depends on it. Eat some protein and hydrate with juices, water and tea. Eat healthy carbs like fruit or nuts to keep up and save the coffee for your post-presentation crash.



2. GET IN THE ZONE

Quiet your mind. Start the morning off with a long walk outside, listen to calming music, or read a chapter of good fiction. Stay away from your email and minimize any stressors.



3. STAND TALL

When you feel more powerful, you present with more confidence and credibility. Shoulders back, head high, hands out of your pockets.



4. MIRROR, MIRROR

Make sure you look the part. Shirt tucked in. Microphone cables properly hidden. Lipstick even. Hair groomed.



5. BREATHE

Stage fright hits hardest right before you go on stage. Deep breathing exercises slow your heart rate and give your body the oxygen it needs to perform.



6. GIVE YOURSELF AWAY

Why is this important to you? Remind yourself why you're doing this, that you have trained for this moment, and that you're a vessel for your message.



7. MEGAWATT SMILE

The audience will form their first impression of you within 7 seconds. Typically, this is during your walk to the stage and before you've even started talking. Remind yourself that you are excited, not nervous, and pick three people to smile at.

Want to learn more performance tips and techniques? Give us a call or visit our website.

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