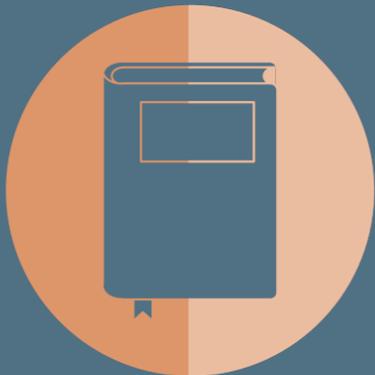


Your Fast Guide to Owning the Stage



HERE ARE 5 WAYS TO IMPROVE YOUR STAGE PRESENCE

1.) KNOW YOUR STUFF



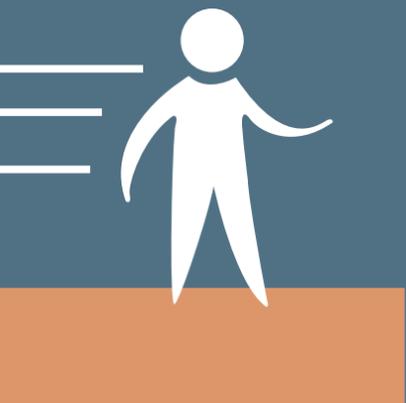
There is no way around this. By the time you hit a stage, you should know your content very well. **Practice** is the only way. We recommend you practice intensely for 1 -2 weeks and rest entirely 1-2 days prior to performance. Resting before your event is equally as important as practicing for it. Being fully rested will allow you to remember your content much easier.

2.) INCORPORATE DIALOGUE

Nothing says GREAT STORY better than some good dialogue. Think of the different people mentioned in your speech and the ways you can take on the different personas while delivering your talk. **e.g.** *My mother told me to close the door when I left.* VS. *My mother told me in the kindest voice, "Sweetie, don't forget to close the door when you leave!"*



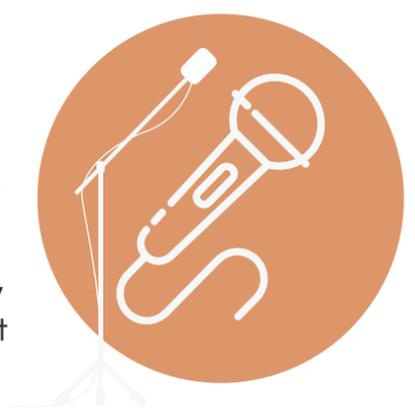
3.) ARE YOU A MOVER?



Some people naturally like to move around while others prefer to stand in one spot. Unlike what most might believe, both options can be **very** effective. Stick with what feels the most natural. If you stand in one spot, be sure to utilize your hands and voice to create impact. Just remember that in either case, too much movement might be distracting. Be mindful.

4.) MIC CHOICE IS EVERYTHING

Now that you've identified your movement preference. Your mic choice should complement it. This means that if you like to move around or if your hands tend to shake, then requesting a hands-free headset or lapel mic is a **must**. If you prefer less movement, a mic and a mic stand might be your ideal. You can ask for what you need, remember that.



5.) PAUSES WORK WONDERS



Oftentimes when people are nervous, they tend to speed things up. To avoid this, be conscious of where your talk can greatly benefit from pausing. This works best right after you say something that has great emotion, funny or sad. Let people marinate on what you just said and wait 3 - 4 seconds before continuing. Think pace and flow of your talk.

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