

# Pageant Tips for First Timers

## 1. *Be Confident*

Show the audience and judges that you own the stage and are comfortable in the skin you are in!! Being confident can be done by following some of the following tips like making eye contact, smiling, and walking upright and proud!

## 2. *Make Eye Contact*

Making eye contact shows that you are confident and it helps to make a connection with the judges while you are on stage. Eye contact is very important in an interview as well, as it shows that you are interested in what the judges have to say and are ready to engage!

## 3. *Set Realistic Goals*

Yes, the crown may be your ultimate goal, but it is also equally important to set other goals for yourself such as making one friend, winning an optional, or being more confident!

## 4. *Practice, Practice, Practice!*

Practice does make improvement and better preparation! Most pageant winners do not get 1st place in their first pageant, and that is okay.

## 5. *Have Fun!*

If you are not having fun, then you are not really enjoying the experience! Make sure that you are having tons of fun.

## 6. *Smile*

It is important to try to maintain a genuine smile, rather than a plastered smile. Try to think of some funny things when walking that'll keep your smile from looking fake.

## 7. *Stay Positive*

You never know what's going to happen. Don't prepare to win or to lose. This set of judges might make one decision and another set of judges could make an entirely different decision, as we say in the pageant world, different judges, different day. Always keep your head up. . . and shoulders back!

## 8. *Believe in Yourself!*

Still don't feel like a queen? Buy a plastic crown and wear it while you practice your evening gown walk. It may seem silly, but it is a confidence booster.