



LUMINARI™

*Speak & Tell!*

## Overcoming Stage Fright

Who better to help you get over your fear of public speaking than people who do it every day for a living: Professional broadcasters! In this “Special Report,” a group of award-winning news anchors and reporters reveal their secret strategies for being at ease and focused when they speak on camera *and* in front of a live audience.

### TRANSCRIPT

#### **NARRATOR:**

*Glossophobia.*

You might not have heard that word before but odds are pretty good you *have* experienced its meaning. Glossophobia means *a fear of public speaking*... and psychologists estimate 75 percent of the population has that fear!

Even if you don't plan on becoming a professional public speaker – you *will* need to speak in front of groups in a variety of situations in life. . . such as making presentations at school . . . speaking well in a job interview. . . making speeches at family events . . . supporting causes you care about. . . and even just having the confidence to share your opinions in everyday conversation.

So we asked people who speak in public all the time to share *their* tips for overcoming *stage fright*. They are *professional broadcasters* and here's their special report!

#### **Royce Jones, KDKA Pittsburgh**

I'll tell you guys how I get rid of anxiety before a presentation, this is gonna sound really simple, but shaking it out actually helps. I'm talking about *dancing*! Right before I go on air to do a live shot I play music in this little earpiece right here called an IFBB, I look like a total fool while I do it it's only two to three minutes, but I don't care because I'm in my zone in my element that I'm trying to get myself prepared to hit the air, researchers actually say dancing does help. It's all about the influence that the body has on the mind as you're focusing on these dance moves, you're actually forgetting about all of these external stressors that are bugging you out about this presentation. Once you're done you're gonna have an instant confidence booster, and you're gonna rock it, I promise.

#### **Kym Gable, KDKA Pittsburgh**

Hey there guys we are actually in the KDKA studios right now those are the cameras behind me, that's the set right there. And those are two things that make people nervous, speaking in front of a camera, speaking in front of a live audience, and believe it or not, I still do get nervous from

time to time to after 20 plus years in the business. So I wanted to share with you just a couple of tips and some advice that you may have been getting that maybe I'm wrong, or a little misinformed so when you are nervous, and somebody says, Are you nervous well you know just take a deep breath, so take a deep breath is actually a good piece of advice however what we forget to say after that is yeah take a deep breath, but you got to let that breath out because here's something that happens when we get nervous, whether we're in front of people or in front of those cameras back there here's what happens we take that deep breath, we say hi everyone my name is Kim Gable and I'm an anchor here at KDKA, and what happens is all of that breath gets locked up here in the upper portion of your body and that's no good you actually want to push your breath down so yeah absolutely take that deep breath. But let it out. Hi everyone, I'm Tim Gable and I'm here to give you some tips on public speaking and how not to be nervous. You see the difference there? Listen, we are all storytellers and that's how some of the best stories are told, I hope those tips help you guys.

### **NARRATOR**

There's no shame in having stage fright when it comes to speaking in public.

In fact, science shows it's actually part of normal human evolution. Our brains developed to react to threatening situations – including confrontations with other human beings. It's part of our body's natural “fight or flight” response. That's why “stage fright” includes physical symptoms like a pounding heart, tense muscles, trembling, and a dry mouth.

The good news is. . . that anxiety can be turned into *positive energy* for lively public speaking. Here's more advice about managing your *physical* response to stage fright.

### **Josh Croup, WDTV West Virginia**

As a TV news anchor and reporter I talk to a camera every single day. But you don't get the reaction from the people behind the camera watching on TV, like you do when you give a speech. I gave commencement speeches in high school and college and thinking about seeing that people react to what I say, as I said, it kind of freaked me out. So here's what helped me. Perfect practice makes perfect. Of course, whenever I was actually giving this speech I knew it inside and out. But when I got up on the stage, I didn't make eye contact with a single person in that crowd. Look at their forehead pan across the room, but don't lock eyes with anybody. That way you can focus on what you are saying. Instead of what they are thinking.

### **Andrew Stockey, WTAE Pittsburgh**

The most important advice I can offer you is to have confidence, believe that what you're saying is the most important thing, your audience will hear all day, knowing that you are the person that came to see, and knowing that you are the center of attention in the room. It may sound selfish, but that builds confidence, and when you're competent as a speaker, no matter what you say. It comes across as authoritative, it comes across as informational, it comes across as an expert. So be competent. Don't be afraid. Don't be shy. Don't worry about how it's going to come across. Know your subject know it well, express it and get to the point. Confidence is the most important thing a speaker can have it will make you effective speaker whether your own room of 10 people, or room of 1,000 people.

### **Sally Wiggin, WTAE Pittsburgh**

Hi, I'm Sally waiting retired from WTAE talking about state fraud and I've been lucky I've never really had it, but I do get nervous sometimes if I'm speaking to a crowd and there may be some famous people in the crowd or some professional athletes. And the way I deal with that is to pretend that I'm talking to one person it may not be somebody in the audience but somebody that I know well, and I'm talking to them, but I look at the entire room and I move my eyes around but in my head I'm talking to that one person to whom I'm close. The second thing I do is I make sure I'm prepared. If you are a little bit nervous being prepared will help you a lot, memorize your script if you can, so that if you do lose your place in your notes, then you can just wing it. And it's so much easier that way. The other thing you do is say something self-deprecating when you get up there at first, making somebody laugh and especially laughing at yourself eases everybody, and it makes it a much better way to start.

### **NARRATOR**

Speaking to a group is a great way to educate and motivate an audience. But research shows people who are confident speaking in public *also* experience plenty of *personal* benefits. They earn higher grades in school ... have an easier time building friendships. . . and, they experience faster career advancement.

### **Sheila Hyland, Public Speaking Coach**

I like to use a technique that gets me calm down, right away, redirecting the hardest part of speech is at the very beginning when our hearts are racing and our breathing is shallow. So what I like to do is start a speech, give the first line or two and then I turn the focus on the audience, I ask them a question. So for instance if I'm giving a speech on stage fright, I might ask the audience. *How many of you have experienced this? Or. . . Has this ever happened to you?*

What that does is it gives me a chance to pause to take a breath, and to focus on what I'm doing, and it also gets the audience on my side, I hope it's a technique that works for you.

You've heard words of wisdom from several professionals who've been where you are and have given you simple techniques to try out. So we hope these work for you. Please go out and use them, and good luck on your next speech!

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