

## PBS Learning Media Resources

### *Speak & Tell!*

This confidence-boosting camp teaches teens to take command during a speech and captivate audiences with their message. Experts provide strategies to overcome common fears of public speaking; demonstrate effective body language; help teens focus their message; and reveal techniques to relax before *and during* a speech. Say goodbye to stage fright and let your voice be heard!

### **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.

[Dealing with Stage Fright](#) - Although there are varied approaches to managing stage fright, a common theme in the comments from coaches and students is that confidence as a performer comes from practice and from thoroughly knowing the material you are going to perform.

