Overcoming Stage Fright and Improving Your Presence

Audience Polls: Go to Menti.com and enter code: 14 81 01 1

Notes on Stage Fright

When have you experienced it? What might work to overcome it?

Breakouts:

What’s worked for you or will work?

- Situation 1: Last-minute invitation to speak, or Short Time to prepare

- Situation 2: Physical or technological Hurdles or Barriers

- Situation 3: Not well-rested, distracted or other Stressors

- Situation 4: Hecklers and Hostile audience members

Prepare for Questions

What’s a question about your research you fear getting asked?

How might you answer it?

https://gradschool.cornell.edu/3MT or grad3mt@cornell.edu
Promoting Your Research with Compelling Communication (aka, 3MT and Beyond!)
A workshop series to enhance presentation and communication skills from Cornell University Graduate School

Try On Your Own

- Find additional breathing exercises for anxiety
- Make sounds without words that express different emotions (happy, sad, angry)
- Try reading some boring text and then again after being given a prompt for an emotional scenario

Resources on Stage Fright and Presence

**Books**


  Free full-text access available through Cornell University Library:
  https://newcatalog.library.cornell.edu/catalog/12338071


**Articles and Blogs**

- Gary Genard’s *Speak for Success!* https://www.genardmethod.com/blog

**Courses**

- ALS 6014: *Theater Techniques for Enhancing Teaching and Public Speaking.* (1 credit, Fall. C. McLinn, cmm252). https://futurefaculty.cornell.edu/courses/local-courses/

- COMM 5660: Science Communication Workshop. (1 credit, Fall, Spring. B. Lewenstein, b.lewenstein). https://gradcareers.cornell.edu/get-involved/courses-and-workshops/

**Videos**

- “How I beat stage fright.” Joe Kowan, TED @ State Street Boston. www.ted.com/talks/joe_kowan_how_i_beat_stage_fright