

STAGE-FRIGHT

Course Aims

This introductory half-day course will address your 'stage-fright' in business situations – whether it be in meetings, presentations or when speaking in public - to help you handle your nerves when communicating.

Using theatre-based exercises, the workshop will enable you to discover a more relaxed posture and find your voice. The course is taught in a calm and supportive environment and will provide the necessary tools to help you effectively channel nervous energy to help develop your communication skills, and gain confidence for the future.

Course Elements

Introduction

Introductions and Objectives

- Discussion of the fears and anxieties we face when communicating.
- Examine how nerves manifest themselves through posture, eye-contact, gestures, pace and voice.

Body & Breath

Explore physical relaxation and breath-work to counter nerves

- Warm up - relaxing spine, shoulders, head, neck, jaw, tongue.
- Posture - becoming more centred and relaxed.
- Voice - establishing centred breath, building resonance.

Developing Your Voice

- Bring energy and resonance to your voice.
- Develop articulation and range.
- Apply these skills to a short piece of text.

Finale

- With relaxed physicality and a flexible voice, present a short speech.
- Feedback and evaluation.

Delegate Comments

- "Enlightening and confidence building." ActionAid
- "A relaxed and really useful course showing ways to conquer nerves." ActionAid

Public Course Fee:
£195 + VAT per delegate

Public Course Dates:
7 March 2012
11 September 2012
1.30pm - 5.30pm

In-house Course:
(up to 8 delegates)
£1,500 + VAT
plus tutor/venue expenses
where applicable

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This course is run by RADA's commercial subsidiary RADA Enterprises Ltd. Established in 2001 RADA Enterprises makes the unique skills and experience of the Academy available to corporate, government, institutional and individual clients. All profits from RADA Enterprises Ltd are gifted to RADA and therefore, support the next generation of actors.

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