

Course : Managing stage fright when speaking

Practical course - 2d - 14h00 - Ref. ERA

Price : 1610 CHF E.T.

★★★★☆ 4,8 / 5

Stage fright is an anxiety or fear we feel before an event. To tame it, you need to recognize and accept your emotions, your qualities and your room for improvement. This course will give you the techniques you need to perform at your best and overcome stage fright.

Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Identifying stage fright and its triggers
- ✓ Overcoming stage fright when speaking
- ✓ Preparing mentally
- ✓ Developing vocal and physical expression

Intended audience

Anyone wishing to better control stage fright in front of an audience.

Prerequisites

No special knowledge required.

Practical details

Exercise

Body and behavioral training using relaxation, breathing and visualization techniques. Role-playing, simulations.

Course schedule

1 What is stage fright?

- Defining stage fright and the difference from stress.
- Identify stage fright and its triggers...
- Recognize its physical, mental and behavioral manifestations.

Exercise

Self-diagnosis. List antidotes. Discussions.

PARTICIPANTS

Anyone wishing to better control stage fright in front of an audience.

PREREQUISITES

No special knowledge required.

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

2 Controlling your emotions

- Adopt a dynamic posture.
- Strengthen your support and anchoring.
- Relax, breathe, let go.

Exercise

Relaxation and breathing exercises. Strengthen support, find your axis and play with postures.

3 Mental preparation

- Use positive visualization techniques.
- Anchor your resource states.
- Reframe your beliefs to avoid destabilization.

Exercise

Creating an anchor. Visualization.

4 Developing self-confidence

- Recognize and measure the impact of your "small voices".
- Accept your emotions. The right to be afraid, the right to make mistakes.
- Identify its compelling messages.

Role-playing

Test on "small voices". Role-playing game.

5 Preparing your speech

- Define objectives and key messages.
- Draw up a plan for your intervention.
- Know how to improvise in front of an audience.

Exercise

The common plan. Role-playing: collective improvisation.

6 Stage fright in front of an audience

- Accept to play your role in front of an audience.
- Develop vocal and physical expression.
- Strengthen your ability to dramatize.
- Staging yourself.

Role-playing

Vocal technique. Games on intention and character. Simulation: taking on the role of speaker.

7 Developing new behaviors

- To become aware of, analyze and modify our vision of events.
- Reframe the event from this new perspective.
- Dare to surpass yourself, to show off.
- Develop your own strategy for success.

Role-playing

Change your point of view. Setting the scene.

TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

Dates and locations

REMOTE CLASS

2026 : 25 June, 5 Oct., 16 Nov.