

# SING

T H E C O U R S E

## *SING without Stage Fright*

Many of you found this course by watching my free webinar on overcoming stage fright. If you haven't had a chance to watch it, please email me and request a free copy. In the webinar I go into detail about a mind, body, spirit approach that has helped many singers to get up on that stage without fear.

For today's lesson, I want to narrow it down to the three most important techniques you can use to overcome stage fright.

### STEP ONE: YOUR MIND

Stage Fright is **NORMAL!** It's a normal autonomic nervous system response in your body when it prepares you for the extra energy needed to go on stage. I want you to reframe the fact that it's scary and the feels are overwhelming. Instead, I want you to say to yourself, this feeling is normal. This feeling is preparing me for extra energy to go out and just amaze myself and everyone in the audience.

Another mind technique that works wonders is positive visualization. Imagine yourself going on stage with confidence and sincerely connecting to the song and audience.

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## STEP TWO: YOUR BODY

Prepare your body before going on stage by having a practice of meditation and yoga. These two practices teach your body and mind to calm itself and become centered. You will learn how to control and slow your breathing so that you can walk on stage with confidence.

Also moving your body, such as jumping jacks helps some singers to connect their breath to their body and push the anxiety out.

## STEP THREE: YOUR SPIRIT

Believe it or not, your performance is NOT about you! Even if you're in a competition, it's about the audience. You need to win over the audience. And the best way to do this is to be real, relaxed, confident, connected to your breath and connected to your song. The music should flow in and out of you like a conduit. You become the messenger.

You are a gift to your audience. Be the gift by being present and connecting to them.

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## ***Plan your Outfit for Comfort and Mobility!***

I know, I know! Some of those female singers are in ridiculously high heels! How do they move in them so well without tripping on their face? Well, for one thing they practice! These gals are doing the dishes and laundry in their heels! Another trick is the heels have felt on the bottom to reduce slipping. Try it at home, it works! You can also buy dance shoes that already have the felt on them, designed for fast moving and dancing on stage.

As far as what to wear, plan it way ahead of time. Block out your show, so you know where you'll be standing and sitting. Is your skirt too short to sit on stage? These little things matter, because you need to be relaxed and not flashing your audience.

## ***Rehearse if Possible!***

Make it a priority to walk through your set of songs before going on stage. Meet or communicate with your band and sound engineer ahead of time and get comfortable with your mic and sound. You'll be so much more ready and comfortable to perform your music like a pro and your performance will be what you trained for.

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## ***Practice Makes Perfect!***

But, then again, it's not about perfection, it's about connection. It's about you connecting to your voice and connecting to the audience. Everything else will fall into place! And above all, Have ***FUN!***

CAROL FRAZIER