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EMPOWERMENT



The Self Improvement Show
Archives Available
May 31st 2012: Acting Techniques for Everyday Life

You are asked to speak before the group, sing at Karaoke night, or take the microphone at an important event. Yikes! Performance anxiety kicks in. Your hands shake, your throat gets dry, you start to sweat, your stomach gets queasy, you may feel like you are going to faint. The TV commercial says, "Never let them see you sweat" so how do you avoid it? How do we learn to "fake it until we make it"? Jane Marla Robbins, successful actress, performance coach and author, wrote the book "Acting Techniques for Everyday Life: Look and Feel Self-Confident in Difficult Real Life Situations." Jane wil

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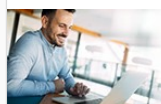
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