YOUR FIRST

57

MINUTES



GAIN *CONFIDENCE*

LOSE *STAGE FRIGHT*



“IF YOU HEAR A VOICE WITHIN YOU SAYING, ‘YOU CANNOT PAINT,’ THEN BY ALL MEANS PAINT AND THAT VOICE WILL BE SILENCED.” —VINCENT VAN GOGH

1. Be more confident on stage.
2. Overcome stage fright.
3. Boldly go where no man has gone before...

WRITE DOWN WHAT YOU NEED TO ACCOMPLISH WITH REGARD TO YOUR CONFIDENCE & STAGE FRIGHT

WRITE DOWN WHAT YOU THINK ARE YOUR 3-5 BIGGEST FLAWS



CONFIDENCE IS NOT SOMETHING YOU "HAVE" OR "DON'T HAVE" CONFIDENCE IS LEARNED AND DEVELOPED THROUGH UNDERSTANDING AND PRACTICE

The Approach

01 Identify and define confidence

02 Provide tools

03 Set goals that encourage honesty

You'll be able to

- Walk out on that stage
- Ask for more money
- Write that blog post
- Do that podcast
- Ask someone out on a date
- Pitch that script
- Go to that open-mic

KNOW THAT...

Confidence is not innate in most people. Confidence is developed over time

WHERE DOES THE LACK OF CONFIDENCE COME FROM?

01 Some argue genetics

02 Upbringing; How your parents raised you.

03 Bullied when you were a child

04 Trauma

Ask Yourself "What's Holding you Back?

Your looks?
Physical appearance
Studder
Awkward
Quiet
Shy

IT'S ALL ABOUT TAKING ACTION STEPS

01

Write down your goals with regard to your confidence or your stage fright. Write them down now. The act of writing them down is an action step.

02

Act on a couple of the steps. Take a comedy class could be broken down into steps. Look some up, call them, ask some questions, stop in and observe.

Confidence Paradox

BY BEING MORE WILLING TO FAIL, YOU'LL ACTUALLY SUCCEED MORE—BECAUSE YOU'RE NOT WAITING FOR EVERYTHING TO BE 100 PERCENT PERFECT BEFORE YOU ACT. TAKING MORE SHOTS WILL MEAN MAKING MORE OF THEM.

WHAT IS CONFIDENCE?

CONFIDENCE IS NOT REALLY A FEELING.

IT’S DOING.

WHICH ONE DO YOU RELATE TO?

01

“They’re all looking at me and judging me. They don’t like me; they think I’m ignorant!”

02

This looks like a group of people I can hang out with. Cool! The more the merrier!



RAY ALLEN MADE 2,973 3-POINT SHOTS. **HE ATTEMPTED 7,429**



BARRY BONDS HIT 762 HOME RUNS. HAD 2935 HITS, **HE STEPPED UP TO THE PLATE 9,847 TIMES**

THREE C'S OF CONFIDENCE

Courage

Competence

Compassion

Speak boldly with the intent to communicate so you can be helpful. Even stating your name clearly is helpful in a meeting... help yourself by repeating the question in the answer.

Ie: "My name is...



CONFIDENCE HAS LAYERS

You can be bold and speak with confidence but also be vulnerable to admit when you don't have an answer, or when you make a mistake. That kind of vulnerability translates into enormous confidence on a stage

Grow Your Confidence

Set a goal

Take a small step

Congratulate yourself

Feel more confident and motivated

BE KINDER TO YOURSELF WHEN YOU DON'T ACCOMPLISH YOUR FULL GOAL

01 You plan to get up on stage

02 You go to the venue, say hello to a few people, then back out at the last minute.

03 Congratulate yourself for taking the first 3 steps. Don't berate yourself for failing.

Okay, Dude. You're a couple steps closer. You got to the venue. You met a couple of people.
... and , Dude, check it out, you've got really nice handwriting...

WRITE DOWN SOMETHING POSITIVE YOU CAN SAY TO YOURSELF

Physical

Standing with your hands on your hips for 30 seconds increases testosterone, chemically infusing you with confidence





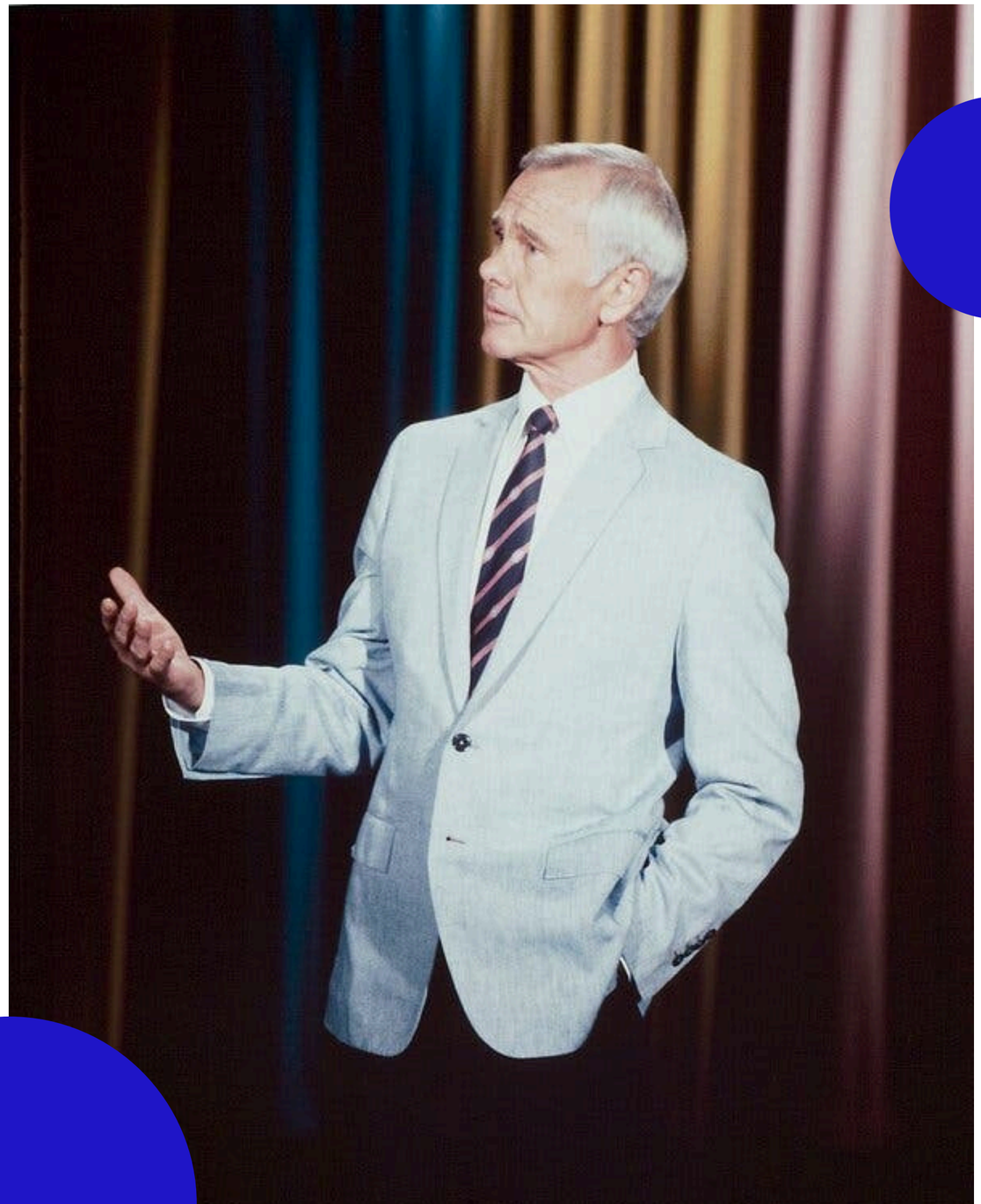
Wide arms and open body language will also raise testosterone levels and give the impression that you are bigger than you are

When standing balance your weight on both feet and avoid constantly shifting your weight from one foot to the other.



EMULATE OTHERS

Find someone who you feel projects confidence and adopt their body language



WHO IS SOMEBODY YOU THINK EMBODIES CONFIDENCE & WHY?

WHO?

WHY?

WHAT ARE 2 OF PHYSICAL MOVEMENTS THEY MAKE THAT YOU CAN EMULATE?

1

2

FAKE IT TILL YOU ARE IT

Learning the habit of confidence is a matter of repetitive action. You fake it until you realize, you are it

SMILE AND THE WORLD SMILES WITH YOU!

May sound stupid, or cliche, but the action of smiling can change a moment, an outcome, perception.



The Comedy stage is Unique The bigger your flaws, the better your comic character

MIYAM BIALIK

Star of Blossom in the 80's.
Not your traditional covergirl
of Teen Beat, but that smile
was contagious



CHANGE YOUR REACTION TO CRITIQUE

Smile, laugh, make fun of yourself. Worthwhile critique is a gift of gold. No matter where it comes from. Negative critique is more about them



CHANGE YOUR REACTION TO REJECTION

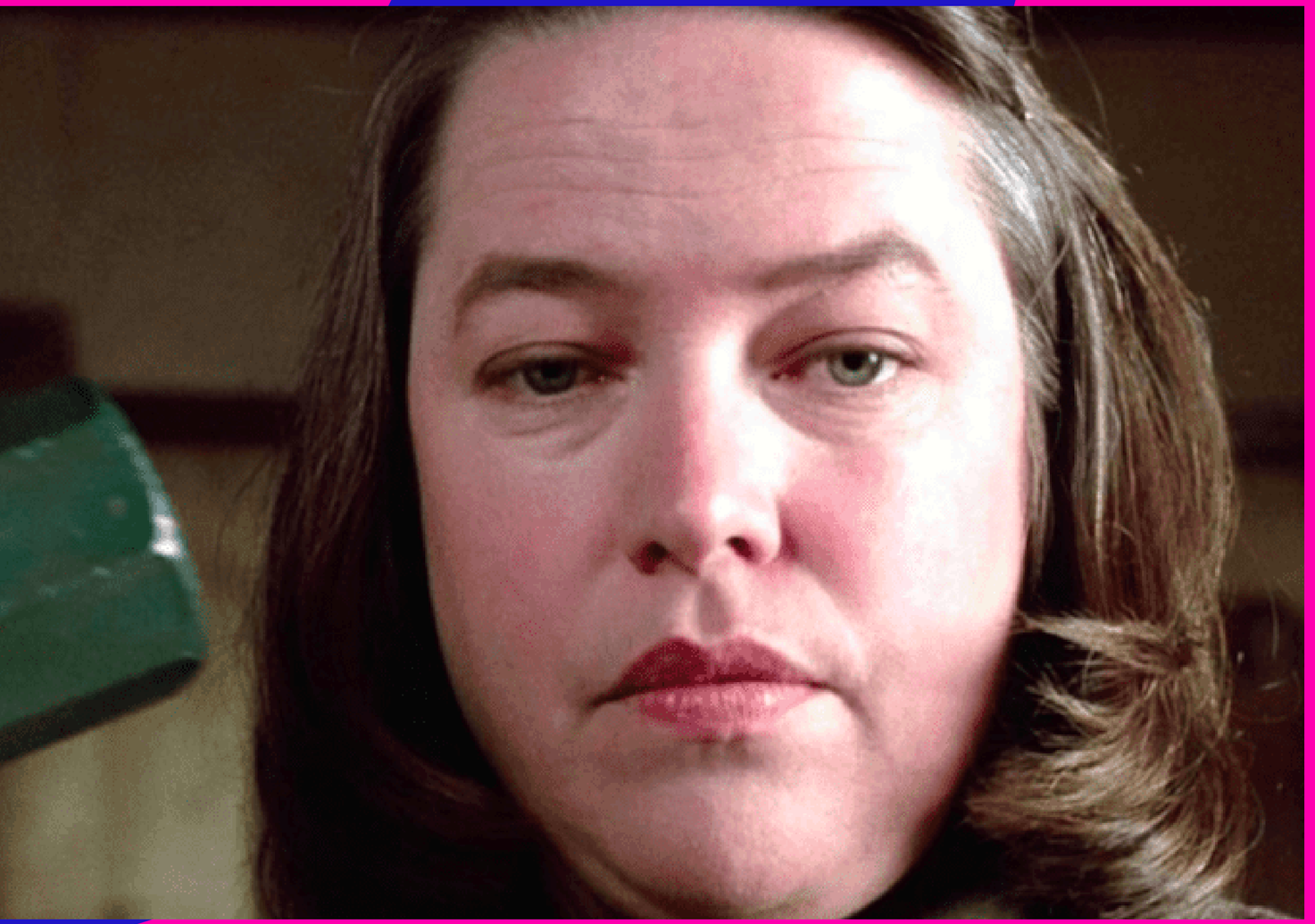
Jay Leno was told that he would never work in this town because of his chin.





CHANGE YOUR REACTION TO REJECTION

Jimmy Durante was one of the most influential comedians of his time was in movies, TV and commercials



"I'M TOO UGLY TO WORK IN SHOW BUSINESS"

Kathy Bates the recipient of numerous accolades, including an Academy Award, three American Comedy Awards, two Emmy Awards, two Golden Globe Awards, an Obie Award, and two Screen Actors Guild Award.

GETTING TO THE STAGE

Breathe

Smile

Acknowledge how you feel

If you're really curious as to how they are doing, you have no time to worry about yourself.

GETTING TO THE STAGE

HAVE A SOLID OPENING

01

A 3-Way Build-up is a great joke structure to open with. High confidence that it will pay off.

02

Self-deprecation is also gives you high odds that you'll get a laugh right up front.

03

State the obvious about the situation. State a fact. Then you don't have to worry if they believe you.

STATE YOUR DILEMMA, OR A FACT, THEN DO A JOKE

"Fund raisers are one of the hardest events for comedians. *We're* trying to get you to laugh, *You're* trying to eat your food... Don't laugh *while*, you're eating your food, because I don't know the Heimlich Maneuver. You know the Heimlich; That's when a guy comes up from behind you wraps his arms around you and tries to save you... Well, in Hollywood they call that 'Casting.'"

"You in a good mood? I'm in a good mood... I just got married. Thank you very much. 3 things pretty much demand applause, don't you think? 1. I just got married, thank you very much. 2. We just had a child, thank you very much. 3. I just divorced my cheatin' wife, thank you very much."

A 3-WAY BUILD-UP IS A HIGH-ODDS LAUGHTER TRIGGER FOR AN OPENING JOKE

SELF-DEPRECATION IS A GOOD OPENER

"You in a good mood? I'm in a good mood... I just got married. Thank you very much. 3 things pretty much demand applause, don't you think? 1. I just got married, thank you very much. 2. We just had a child, thank you very much. 3. I just divorced my cheatin' wife, thank you very much."

Make the audience feel good about themselves (Superiority)

Build your opening into the intro.

Study other comedians

Read their biographies, their stories, their failures.

Louis once was part of a comedians showcase at a comedy club where Saturday Night Live execs were in the audience. At that time making the SNL roster was the be all and end all for a comedian.Every single person on the showcase was hired...except for him.

LOUIS CK HAD SO MANY FAILURES