
7 TIPS ON HOW TO IMPROVE YOUR PUBLIC APPEARANCE AND SPEAKING



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Here are 7 proven tips from our experience that can help you to improve your performance on stage or during your lectures or whilst public speeches.

Preparation at home is simple and fun! You will feel the improvements in your first lectures already.

Experience, precision and perseverance is very important in our work.



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7 Face Massage

In the morning or right before performance massage your face, cheeks, space around the mouth, chins and lips. All these muscles are actively used in the articulation same as inside spaces between them. Relax your face so you feel comfortable talking and those little muscles don't get strained.



2 Voice Exercise

Breathe deeply in your stomach, diaphragm, lungs and throat. Keep a spare amount of air, so you have enough in long sentences. You can breathe-in in pauses in case you need to.

Now yawn, yes you can yawn fully three times in a row. Yawning helps us open and stretch facial muscles, neck and muscles inside your throat. Repeat deep breath in and out. Great, now you can try to imitate 'Lucifer' on saint Nicolas day. Relax your cheeks and shake them from side to side. Repeat 3 times. Next exercise is blowing through your lips, like a horse! Repeat three times. Great!

Now you put your hand on a cheek and write with your tongue your first name and to the other cheek your last name. Repeat deep breath in and out. Breathe in deeply and on one long breathe out, slowly hold the letter M' so your lips start to resonate. Try to keep the sound for at least 15 seconds; your time should be extending with practice to 30 seconds. Breathe in and out deeply again.

Now on one breathe out slowly hold on letters 'VR'. Try to change the volume, for example start on the loudest and go to the most silent and the other way around. Take a deep breath again.

3 Tongue Breakers

Here are few tongue breakers that will help you to train problematic letters. Read them out loud and repeat them multiple times. Exaggerate your articulation.

*„She sells seashells by the seashore.
The shells she sells are surely seashells.
So if she sells shells on the seashore,
I'm sure she sells seashore shells.“*

“Red lorry, yellow lorry.”

“Which wristwatches are Swiss wristwatches?”



4 Body

Stretch your muscles and do a little warm up. It is better when you raise your energy before the performance, which means that you don't sit too long before you step on the stage. If it is not possible any other way do a warm-up in the morning of your performance day. Just a simple walking and easy stretch is absolutely enough and believe me that it helps you. Then you know that you can rely on your body and it won't betray you with a cramp or shaking your knees or hands. Keep your shoulders and head up. Feel comfortable and do gestures that come naturally to you.

Avoid touching yourself too much on your head or neck. It can be disturbing and show that you are nervous.

5 Psyche

The mental state can help you a lot but it can also ruin you totally. It is important that you feel comfortable and natural on stage even though there is 1000 people. Our goal is to achieve that you feel great on stage and it gives you energy and becomes almost as a 'drug'. First rule is:

It is very important to perceive your performance positively and also to take it as ordinary as your morning routine. It is good to imagine that it is a totally normal day when your alarm rings, you wake up, brush your teeth and so on. Yes, maybe you will have a talk in front of some people but it is on the same level of 'ordinary' task as brushing your teeth. Connect only positive associations to the day when you perform and imagine it will go smoothly and after you go to take a walk and have a coffee in your favorite place. Don't let your mind wonder and ask too many 'what if?' questions.

Believe that you are doing the best you can in every moment. I'm sure you will be great!

Don't make it too much of an event in your head!

6 Clothes

Choose your clothes by the type of event, place and audience you will have. It is important that you feel comfortable and you don't feel bothered in any way by the way you are dressed. Think about the people to whom you will talk to and what clothes are suitable. Study the meaning of colors and choose accordingly to the theme of your lecture. If possible, find out about the space where your lecture takes place, what color the interior and the background is so you don't blend with the background. In most cases it is also not good to be sticking out too much either.

Almost 70% of your audience will perceive your body talk and 90% will receive mostly visual information.

7 Anchor

Make an 'anchor'. Before your lecture or performance visualize a place where you feel comfortable, as for example at home with your friends, or in the forest under the tree. Take this feeling of safety and comfort and save it to your emotional memory. You can also remind yourself of a lecture/ /performance when you felt satisfied with how it went. Remember the feeling and hold on to it. Before your performance remind yourself of this feeling of safety and comfort and walk out on the stage with it. If you struggle in any moment go back to this place and visualize your inner safe place.

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We hope that our 7 tips will help you in your practice and that you become more satisfied with yourself. If you have any comments or questions we appreciate your feedback. If you would like to study with us, visit our web

www.everydayactor.eu

or email directly to

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Fingers crossed, I'm looking forward to meeting you and hearing from you!

Nada Uherová





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