



5 Strategies to Navigate Nervousness

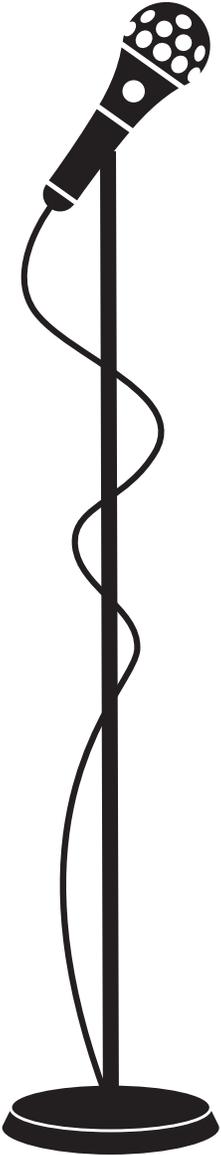


By Star Bobatoon, Esq.
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5 Strategies to *Navigate Nervousness*



**Every great speaker has experienced nerves – it's natural!
But the best have learned to harness those jitters and turn
them into something memorable.**

**Here are 5 proven strategies to help you navigate nervousness
and transform it into a powerful presence on stage.**

**By applying these five strategies, you'll be able to channel that
nervous energy and deliver a message that's powerful,
impactful, and memorable.**

**Your voice matters, and the world needs to hear it—so let's turn
those nerves into your secret weapon!**

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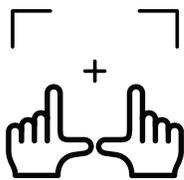


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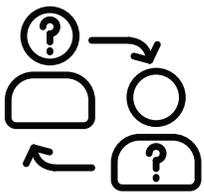
1 Remember – The Audience Wants You to Succeed!

Here's a little secret: your audience is on your side. They want you to do well because when you're comfortable, they feel comfortable. It's not about impressing them—it's about making them feel connected. Knowing this can instantly ease the pressure and remind you that you're not facing a crowd of critics, but a room full of supporters!



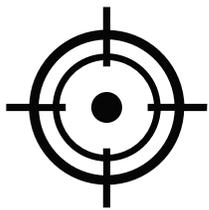
2 Reframe – Turn Nervousness into Excitement!

Did you know that the same physical sensations we get from nervousness—racing heart, sweaty palms, butterflies—are identical to those we feel when excited? The only difference is the label we attach to it! Shift your mindset and tell yourself, "I'm not nervous, I'm excited!" By reframing those jitters as enthusiasm, you can transform fear into energy that works in your favor.



3 Reconnect – Engage with Your Audience Before You Speak!

Arriving early and connecting with your audience before you speak is a game-changer. It builds familiarity and trust before you even step on stage. When you take the mic, you'll already have friendly faces rooting for you. These allies in the audience can calm your nerves and create a sense of warmth and belonging, making your presentation feel more like a shared conversation.



4 Refocus – It's Not About You, It's About Them!

A lot of nervousness stems from self-focus—worrying about how you look, sound, or whether you'll make a mistake. But here's the truth: it's not about you! It's about the message you're there to deliver. Shift your focus to the audience and the value you're bringing to them. This simple mindset shift reduces fear because it places the spotlight on serving, not on being perfect.



5 Rehearse – Preparation is Key to Confidence!

There's no substitute for practice. The more you rehearse, the more comfortable and confident you'll feel. Practicing doesn't just mean memorizing your lines—it means getting familiar with the flow of your message, finding the right tone, and anticipating how you want to engage the audience. Confidence comes from knowing you're prepared!



About

Star Bobatoon



"Engaging, knowledgeable, entertaining and impactful" are the words most often used to describe Star Bobatoon.

Star has over 30 years of experience as a performer on stage and screen, as an attorney and as a top performing trainer. She utilizes her diverse background to help speakers, coaches, and business owners level up their public speaking and presentation skills and master the art of communication.

On the stage, Star captivates her audiences with humor, drama and storytelling. She delivers practical information in a way that allows the audience to engage, understand and take action. Regardless of the topic, Star's audiences walk away feeling educated, enlightened and empowered. As a coach, Star teaches clients how to confidently develop and deliver compelling messages to grow their businesses and influence.

Star was Program Manager for Les Brown's speaker training program and ranked the #1 trainer for a national training company. Her mastery of the stage has earned her invitations to share the stage with Suze Orman, Maria Shriver, and former First Lady Michelle Obama.

Star believes every time you speak, it's a performance and every place you speak is a stage. She delivers a stellar performance on every stage and helps speakers, coaches, and business owners do the same.

More services and products by



Star Bobatoon, Esq.

Extreme Message Makeover

(Live Coaching Program)

We'll refine your core message, align it with your ideal audience, and boost it with compelling storytelling. You'll walk away with words and stories that connect, inspire, and drive action—ready to use in presentations, marketing, and conversations. Perfect for leaders, entrepreneurs, and changemakers who want to speak with clarity, confidence, and impact.

Own Your Stage: How to Deliver Powerful Presentations that Increase Impact and Income

(Online Training Program)

Imagine if you could communicate more clearly and confidently in front of your audience, whether it is an audience of 1 or 1,000. They understand and identify with your message, see you as the credible expert, and by the time you are finished, they have completely bought into you and the product, service, or idea you are presenting.

Master the art of delivering powerful and engaging communication to connect with your audience and get the results you want.

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