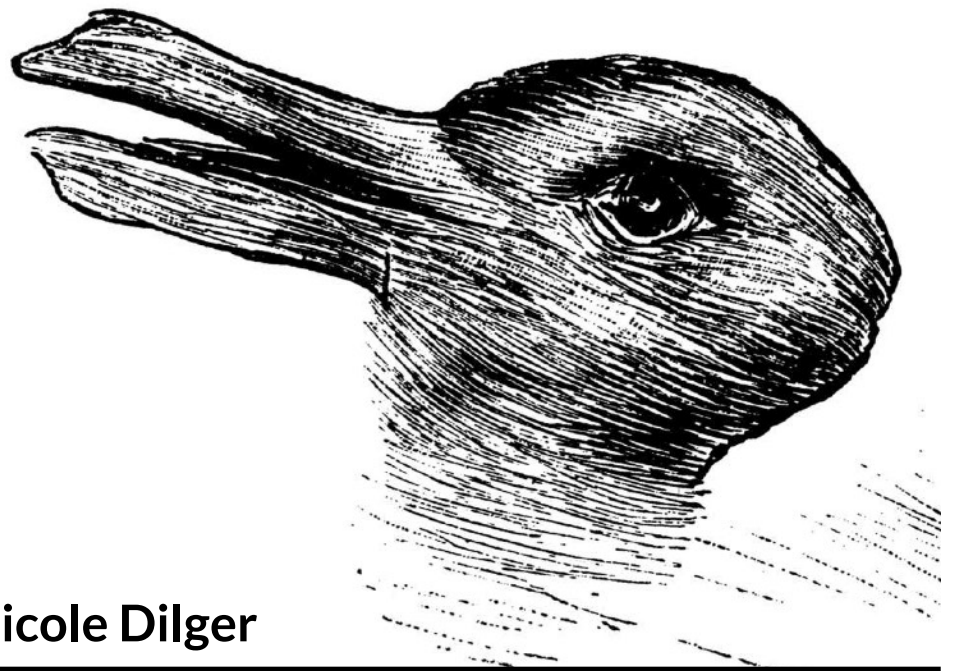


# Stage Fright Getting in Your Way?

Change your experience by  
changing your story...



**Presented by Amber Nicole Dilger**

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Performance anxiety. Stage fright. Nerves. Whatever you call it, fear is at its very core, and letting fear control you can keep you from fully participating in life.

Join us to learn how to:

- Build skills that can help you on and off stage with your attention and emotions
- Know what you can do right now to stay in control under the most stressful situations
- Discover how to use your brain and body to your performing advantage

Whether it's the spring audition or your next big math test, with practice, you'll see the progress!