



Turn your nervous energy into Energising Energy!

What nerves Do You See? – Playlist A&E

Energising your nerves starts with awareness, so let's play with nerve spotting!

1. Think of how nerves can manifest themselves for a moment – in you or what you've seen in others.
2. Focus purely on the VISUAL Impact on screen – what we actually SEE in someone.
3. Think of a standard TV mid-shot – from your hips or waist up – what nerves can you see?
 - ▶ Distraction are within the 3-7" Rule
 - ▶ We are allowed different opinions POV of exactly how distracting nerves/repetitions actually are!
4. What do you think the common habits are?
5. Why are these habits so visually distracting?
6. How do these habits give away nerves?
7. What would you do to make them better?
 - ▶ Watch for these habits in TV presenters and on YouTube videos.

Nervous habits I SEE most in others	
VISUAL Habits: E.g. shifting feet, clutching hands, stiffness, raised shoulders, twitch etc.	What would look better?

Now Note – any other nervous habits for later reference...
Vocal: e.g. a tight voice, vocal squeaks, quiet, dull, repetitive vocal notes etc.
Verbal: e.g. uumms, aahs, loss of direction, nonsensical or repetitive words or phrases etc.

WHICH HABITS ARE MOST DISTRACTING?



MY Distracting Habits when I am nervous - Playlist A&E



Now you are getting fully aware of what a viewer can see, ask yourself...

- ▶ What are *my* nervous or 'giveaway' habits?
- ▶ How can I turn them into energising, more confident-looking energy?
- ▶ What will make me feel better, adrenaline fuelled for successful action, ready to stand and 'fight'!

My Potentially Distracting VISUAL Habits + Energising Exercises	
My Nervous Habit is:	I can hide / disguise / make it better by:

My Visual Impact Mantras

1. Awareness I am doing the Habit in the Moment is imperative – *"I Am Aware of..."*
2. Habits – body, gesture, expression – must be used to enhance the message instead of distracting:
"I Can change/shift/adapt my habit."
3. Breathing controls it all! *"Breathing Will allow me the confidence to do so!"*

My Visual Habits to Work on Today
My No.1 Visual distraction for my viewer is:
My No. 1 Visual solution is:

I can use all of these habits when I am fully aware of what I do



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.