

THREE REASONS
**STAGE FRIGHT
COSTS**
— AND WHY YOU MUST FIX IT



by Brigham Blackham

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STEVE'S STORY

Although Steve had achieved many successes, he felt that his story still wasn't worth sharing.

The first time I met Steve in person was at a leadership retreat in Costa Rica. When he approached me trembling, I knew we were going to have a real heart-to-heart talk. In a private corner of the hotel lobby, he confided in me how he "didn't have a story worth sharing." He was ashamed because he didn't feel like a success yet.

This was a moment I discovered my calling as we dug deep into Steve's experience. I was looking for anything I could see to help him recognize his success through new eyes. During this emotional session, it became clear that his block wasn't due to a lack of results. His fear of sharing his story stemmed from a lack of confidence because he kept focusing on what he hadn't done.

His imposter syndrome was like a heavy anchor tethering him to a crappy first draft. Together, we shifted his focus to the right things so he could see how to own his story. Fear was replaced with confidence as he recognized that others would benefit from his journey.

By focusing on the successes he had accomplished to this point, everything shifted. By the end of the weekend, Steve shared his story confidently at our banquet with over one hundred attendees. It was amazing to see him recognizing how far he had come and inspiring others with his journey. Although Steve had achieved many successes, he felt that his story still wasn't worth sharing until after our session. Our session helped Steve selflessly recognize his achievements and embrace his shortcomings, allowing him to confidently share his story to help others who struggled like himself.

Turn stage fright into excitement!

'Focus Story' is designed to turn experts into the authority on stage



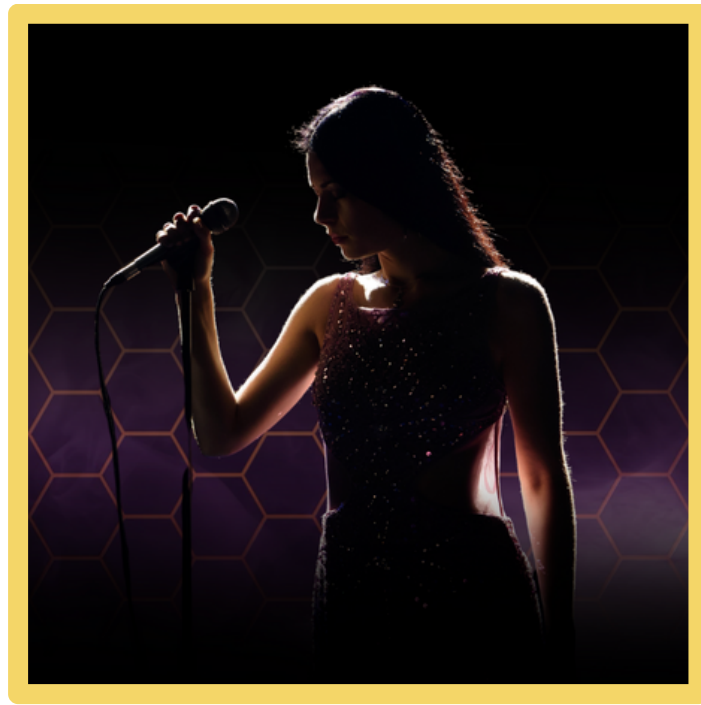
Place F.O.C.U.S.



Own Your S.T.O.R.Y.



G.I.F.T. Your Audience



ALL THE WORLD'S A STAGE

Why not take your story from the page to the stage?

When you realize, 'All the world's a stage' is not a metaphor, it's a reality. You are impacted by how confidently you speak. Perform, open your mouth.

"All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts,
-As You Like It, Scene 7

When was the last time you realized that you're transforming your life? How you express yourself impacts your message.

The truth is, you feel safe sharing your experiences in written content because you have the safety of the page to speak, it's a different story. You freeze up, paralyzed by negative self-talk as if your mouth were glued shut. You build yourself for stumbling over your words and so you don't speak.

You know your message will help your audience, but out of uncertainty, so selfishly you withhold it. You build confidence in taking your expertise from the page to the stage.



STAGE FRIGHT COSTS YOU

Not sharing your story confidently will bleed you dry

Stage fright, shame, and the lack of solid foundation for your valuable message. The fact is, if you're not speaking and will stop your audience from knowing, liking, and trusting you; they won't become customers or leads.

Stage fright is holding you back.
Stop letting regret keep you from speaking.
Stop choking on your words.
Stop stumbling, mumbling, and hesitating.
Stop wasting valuable experience.
Stop failing to connect with your audience.



You can't wait any longer — waiting hasn't helped. It won't make you more confident. Have you ever effectively communicating, you find yourself hesitating. Not being able to speak confidently is a liability when you open your mouth. You have a choice: the path of regret. Results or excuses. It's up to you. You decide right now and how you share your message.



Imagine captivating audiences with your message. You constantly receive inquiries, people flocking in droves, and doors opening that you didn't even know existed.

Remember, confidence in speaking leads to influence, and wealth. You are deepening your impact.



STAGE FRIGHT IS COSTLY

You are 100% responsible for your story and its impact

"If you don't sell them, you can't serve them"

- Bob Snyder

Stage fright hijacking your story, isn't just also costing you clients, connections, and credibility. How many people will NOT hear your story because of stage fright? How many people will NOT become clients because you didn't sell them and impact them?

Your story is your greatest asset and competitive advantage. If you can't connect, inspire, and move people to act effectively, you're forgotten as a brand.

The truth is, people follow people, not ideas. If you're not heard or made up by someone who believes in you, your story will misrepresent you. Yes, people will eventually hear you, but they don't tell you and that gap needs to be filled.

Sharing your story with clarity and confidence is essential to build and forge meaningful relationships that fuel your business branding. No matter the stage, your ability to communicate is how you grow your brand, extend your influence, and create opportunities.



You are 100% responsible for your story. You choose to share it or not. You have the power to shape perceptions, create opportunities — or to miss them.

It's not just about telling your story; it's about refining it, and delivering it with impact. The question is, are you responsible for how your story is heard?



STAGE FRIGHT COSTS

Deliver certainty to your audience or lose face

In many cultures, especially in Asia, "face" and the respect others have for you. Losing embarrassment, or poor performance—can deeply perceive you and how you perceive yourself. a opera singer, carefully applied to create ruin it instantly. Your reputation works the vulnerable to being marred in a moment.

The fact is as a theatre teacher, I saw students with the shame of losing face when stage confidence would crumble, and the fear of judgment after the moment had passed.

This same fear affects professionals who face cost is steep. Stage fright isn't just about forgotten words. It stems from self-consciousness, a feedback loop of negative tone, and the clear message.

These mixed signals don't just dilute your reputation, undermine credibility, and make unreliable. Customers, clients, and audiences crave you can't deliver it, you risk losing their

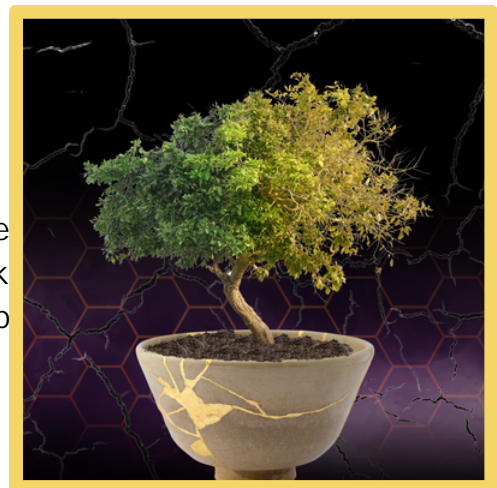
The Ripple Effect of Losing Face

Public stumbling in front of others doesn't just feel humiliating—it feels like a verdict on your worth. The shame of visible mistakes chips away at your confidence and strains your relationships, leaving a lasting mark on how others see you.



When you appear uncertain or unsure, it signals to others that you are not up to the task. Doubt in your competence and reliability spreads quickly, damaging your professional reputation and credibility.

Stunted Growth: Like a root-bound tree, fear-driven avoidance keeps you from reaching your full potential. You miss out on opportunities that could move you forward. The more you retreat, the further you fall behind, leaving you stuck in a cycle of missed chances and unrealized potential.



Stage fright is a professional's worst enemy. It sabotages your potential, damaging the stories that could elevate you.

Recognizing the corrosive impact of stage fright toward mastering it—and ensuring your reputation it deserves.



I help tongue-tied writers crushed by stage fright, overwhelm, and imposter syndrome gain competence performing on any stage.

'Focus Story' is designed to help experts become the authority on stage with our three pillar process.



Place F. O. C. U. S.

You know how anxiety, distractions, and lack of impact, and credibility? This pillar shows you how to define clear success standards, create a steady path to overcome overwhelm and confusion, and Define, Build, and Protect your progress.



Own Your S. T. O. R. Y.

You know how sometimes you struggle to overcome uncertainty triggers doubt or hesitation? This pillar shows you how to confidently frame your story, and communicate your message so you can eliminate the fear of judgment and gain clarity and impact.



G. I. F. T. Your Audience

You know how fear has held you back from sharing your experiences? This pillar helps you shift from insecurities to seeing the selfless power of your message on serving your audience, you'll reduce your fear into an opportunity to connect and perform.

TAKE THE NEXT STEP

Success Story Session

I'm offering you a FREE One-to-One Success Story Session to reveal three frameworks that will completely transform how confidently you speak to any audience.

In this session, you'll discover how to speak with confidence, clarity, and power.

This consultation is valued at \$500, but since you've downloaded this guide, for only a limited time - you can book it for FREE!

Book today before this offer ends, and let's get you sharing your story without stammering, hair pulling, and debilitating stage fright.

BOOK HERE





FIVE REASONS OR RESULTS

Turn your Obstacles into Obligations

"If the speaker is good enough to that he can make his own and use in his the time spent in preparation is ample."
-Dale Carnegie

It is as important whether you want to stay in just a few moments to squelch every stay the same and not take action but here is

In my experience most excuses all point to five. Remember you can only choose reasons OR results. You want reasons to keep your current level of success.



1) NO TIME: am always so busy I could never devote time to develop a more confident speaking voice. I'm too busy and I have more free time.



2) NO ENERGY am always exhausted, I can't possibly



3) NO MONEY could never possibly spend money on speaking. have other investments that are giving me the opportunity costs!



4) NO SUPPORT: my network has speakers, but I still feel unsure if I could ever be one of them. My support since I've never done this before, I can't help but bother trying.



5) NO IDEA HOW: have no idea how to do it, and I'm not speaking. I don't believe I can change how I learn at this point?

Just listing those excuses gives me a bit of indigestion—it stings, realizing I've let them hold me back at times too. But it doesn't have to be that way. I give you permission to awaken to this opportunity for growth. Of course, you don't have everything you want yet; if you were done needing to progress, there would be no need to have this information at your fingertips



Isn't it ~~BECAUSE~~ you feel you have ~~NO~~ time to prioritize preparation to speak confidently?

Look, I get it. I'm a father of four kids, and you prioritize. Free time isn't free. That is needs needs to BE a priority. I challenge you. Your future self will thank you.



Isn't it ~~BECAUSE~~ you feel you have ~~NO~~ energy to make every interaction count?

How draining is it, constantly second-guessing you're being perceived? Wouldn't it be worth it? Isn't it exactly because you feel low on energy important to avoid draining, negative conversations?



Isn't it ~~BECAUSE~~ you feel like you have ~~NO~~ money? Investing in yourself is exactly what you need to do to improve the worst that could happen? Are you willing to work? If all you gained was one actionable piece of confidence in speaking, wouldn't that be worth it?



Isn't it ~~BECAUSE~~ you feel like you have ~~NO~~ support? This is a perfect opportunity for you to invest in your network. Contact, and interaction is crucial. The real community that propels you forward or alienates you could help you succeed.

You've felt the sting of isolation, the weight of silence. Here's the thing—stop letting that silence hold you back. Join a thriving community, to turn your challenges into opportunities. Take you to the next level.



Isn't it ~~BECAUSE~~ you feel like you ~~KNOW~~ but don't know how to speak with confidence? Now is the perfect time to invest in your growth. I will teach you how to structure your message, overcome your fears, and speak with confidence. You'll gain practical, actionable speaking and help you communicate more effectively. Hold you back—this is your chance to learn to

RECOMMENDATIONS



"Brigham has the ability to get the audience excited and gives them the year's most interesting insights for bringing in Brigham"

* Woody Woodward - - Creator of DRIVE

"I have seen Brigham speak on multiple occasions and that his ability to take unique concepts from multiple fields and make them seamless and amazing is something you can learn from. It was a wonderful experience to have heard much from his speech and forward to having him on a speaker roster."

* Owen Hickerson - - The Final Percent

"Brigham was a guest on my show a few months ago and his outlook on life and full of energy. He holds a lot of knowledge to share with the world, I highly recommend him."

* Al Richards - - The Other Side of Addiction Podcast

"Brigham Blackham has helped to enrich my quality of what it means to have a show. He has shown me how I can share my life and that has always been a great resource for someone who isn't afraid to tell me how it is. He is motivational... Before I met Brigham, I had considered it seemed impossible. However, Brigham has the power to make you believe that those dreams and ideas can become reality."

* James Seitz - - Client

"Brigham shared the idea that 'the faintest of dreams' is challenging me to reflect on and document my journey to blend profound cultural wisdom with my own. Beyond this, his passion for storytelling is his greatest gift. He inspires others to step into their full potential by looking for a coach who brings depth to the story you tell your story and Brigham is the perfect guide." Clay Westerlund - - Entrepreneur

"Absolutely Love hearing his stories! Every time he speaks to an audience... wonderful speaker & performer!"

*Wendy Stephanie - Entrepreneur



WHO IS BRIGHAM BLACKHAM

For nearly a decade, Brigham Blackham has been helping entrepreneurs to conquer stage fright and master public speaking. With a background as a high school teacher in Theater, he has perfected the ability to break down complex concepts into simple terms that foster lasting confidence and deliver powerful results.

Whether you're presenting to a room full of investors or delivering a keynote, Brigham can help you unlock the power of your story, turning it into your greatest asset and driving your business forward.

If you're doing a one-man show or need a unique twist on your back, Brigham's experience in performance theater provides an experience that captivates your audience and leaves a lasting impression.

As the host of **LEVELIN' UP** podcast, with over 110 episodes and as a guest on more than 40 podcasts in 2024, Brigham's well-crafted stories and on-stage speaking skills have made a lasting impact. These storytelling skills have helped him build a successful career and a thriving community.



your Success story Starts here



GO FROM
PAGE TO STAGE
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