



AUSTIN COMMUNITY COLLEGE DISTRICT  

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CONTINUING EDUCATION

**COURSE SYLLABUS/OUTLINE DEVELOPMENT FORM**

1. **Name of Course:** Uproot Fears/Unleash Stage Presence

2. **Number of Clock Hours:** 12 hrs

3. **Course Description:**

This class is appropriate for anyone who has to present or perform in front of others, **regardless of profession**. If you've experienced recurring stage fright or performance anxiety, you know it can hold you back in work and life. Have people offered, "Just picture everyone in the audience naked" or "take deep breaths and don't lock your knees" or other wildly unhelpful suggestions? If you're ready to actually do something about your stage fright in a supportive environment with others facing similar experiences, this course is for you. In a group workshop setting across 6 weeks, you can find your calm, assertive center, enabling you to be more fully present on any stage — so that the story you want to communicate can be all it's meant to be.

4. **Course Objectives:**

Increase student confidence and stage presence

5. **Rationale: State the reason for offering the course:**

For those interested in the performance arena, but who have been too timid, afraid, or have anxiety about failing, this class gives students the tools to quiet those negative thoughts and strengthen their inner resolve to pursue their dreams.

6. **Required Materials:**

None except for YOU!

7. **Course Outline:** What topics and sub-topics will be covered in this course?

Individual at home work will include each student choosing a 3-minute performance piece to present on Class 6.

Class 1

**Know Your Stress Response, Know Yourself!**

Fight - Flight - Freeze - Fawn

Students will learn what each response looks like and engage in situational improvisation to show how they react when feeling unsafe or “attacked”.

Class 2

**Bottom Up**

Our body sends signals to our brain when it feels unsafe. Just by changing our posture, we can change the message.

Students will be given situational improvisation exercises and then will be asked to “switch up the signals”.

Class 3

**My Fearful Part**

Students will be guided through a meditative process to talk to their “fearful part” and look beneath the doubt and procrastination to see what is truly holding them back.

Class 4

**This Moment is Not That Moment**

Trauma doesn't know time and we need to prove to our brain that a past hurtful moment is no longer happening.

Students will be led through various bi-lateral body movement exercises while reflecting on past moments of shame, embarrassment etc.

Class 5

**My Fearless Self**

Students will draw out their old role and reflect on insecurities that no longer serve them.

Students will reenact situational fears with inspiration from their fearless character.

Class 6

**Performance**

Each student will perform their chosen piece to the class and reflect on their accomplishments.