

## What can you expect at the *Getting Over Stage Fright* Mastery Group meetings?

- ✓ Structured review of tools and techniques that Janet writes about and teaches
- ✓ Open discussions to deepen understanding about how to use these tools and techniques
- ✓ Hands-on speaking or performing practice exercises to help you apply what you are learning
- ✓ Interactive group activities to get more comfortable in group settings
- ✓ Opportunities to practice your real life presentations or performances before a supportive audience
- ✓ Lots of group support and camaraderie

The location and date/time of the meetings will be determined based upon member's availability and locations. It will be held in Connecticut and we will meet for 10 consecutive weeks, with each meeting being 3 hours long. Please consider attending even if you live a distance away, as it will be well worth your time and effort!

### What do you need to participate?

Janet's two books, *In The SpotLight: Overcome Your Fear of Public Speaking and Performing* and *Getting Over Stage Fright: A New Approach to Resolving Your Fear of Public Speaking and Performing*, are required reading throughout our time together. We will also be reviewing Janet's newsletters archived on her website:  
[www.performanceanxiety.com/newsletter\\_main.htm](http://www.performanceanxiety.com/newsletter_main.htm).

### What is the cost of attending the *Getting Over Stage Fright* Mastery Group?

This *one time only* introductory rate for a program of 10 meetings is \$350. This comes out to only \$35 per meeting. (This would be similar to most health insurance company's co-pay for an hourly session.)

The fee will be increased for future programs, so we encourage you to sign up now if you are interested in getting the low introductory rate.

Payments will be made through *In the SpotLight LLC*. Please visit the [Order Page](#) to register. VISA®, Master Card®, American Express®, and Discover® are accepted, or checks may be sent directly to In The SpotLight, PO Box 494 , Bridgewater , CT 06752 .

Credit card information is required at time of registration, although your card is not charged until we have full enrollment for the group.

**Money-Back Guarantee:** If you are not fully satisfied after attending the first meeting, you will receive a refund.

**Cancellations:** We understand that events do happen that may require you to reschedule or cancel your participation in a scheduled *Getting Over Stage Fright Mastery Group* program. We have made every effort to develop a fair [cancellation and reschedule policy](#).

If you are interested, please send me the days and times of your best availability and where you are located *as soon as possible* as we are in the process of creating a group list.

Please contact me if you have any questions or concerns.

I hope you will be joining us for this valuable group program so you will be well on your way to having much better speaking or performing experiences in the New Year!

*Warm Regards,*  
Marla Genova  
[Marla@SupportForSocialAnxiety.com](mailto:Marla@SupportForSocialAnxiety.com)

**Reminder:** Please note that we only have a limited number of spots available for this group, and then we put people on a waiting list after that, so [please act soon](#) if you are interested!