

What can you expect at the *Getting Over Stage Fright* Mastery Group online 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 dates and time of the meetings will be determined based upon members' availability. Please let us know if you are in a different time zone than Eastern Time so we are sure to coordinate times when selecting a time to meet. Each session will consist of meetings held via Skype for 10 consecutive weeks, with each session being 3 hours long.

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.

What do you need to participate online?

For everyone on the call to see video, each person needs:

- a webcam
- a broadband connection
- [Skype 5.0 or higher](#) or the [Skype business version](#).

People with Skype video-enabled mobiles are currently able to join group video calls via voice only. People who don't have Skype can join the call on mobiles. They won't be able to see or share video, but can join the call via voice.

Note: It is best if you can join by video. Please contact me so we can discuss what is possible for you and if I can assist you in getting your Skype video set up.

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

This *one time only* introductory rate for one session (all 10 meetings) is \$300. This averages out to \$30 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 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, including your time zone, *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

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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!