

Be the *star of the show* at your own wedding

Here, with a little help from **Kate Winslet, Helen Mirren and Ewan McGregor**, author and performance expert Caroline Goyder shows you how to shine during what is sure to be the biggest role of your life. After all, when the pressure to perform is on, a little sprinkle of stardust can go a long, long way...



The Star Qualities - The Secret to Being Confident, Charming and Successful from the World's Leading Actors by Caroline Goyder is published by Sidgwick & Jackson, £12.99.



Pre-ceremony nerves

Star advice: Kate Winslet

"On those days when you wake up and think, I'm fat, I'm ugly, I have spots on my face and my bum, you just have to play tricks on yourself. Don't doubt yourself even when that hideous ugly devil voice inside starts saying to you, 'I've got the wrong shoes on and I shouldn't be here. Just close your eyes for a moment and make yourself think you're great. In your darkest most terrifying moments when you have zero confidence sometimes there's no-one else who's going to tell you. You only have yourself to rely on at the end of the day'."

Expert advice: Caroline Goyder

"Remember that the secret to a real movie star glow is trust in yourself. It matters more than the most perfect dress, hair and makeup – because your radiance and happiness is what people remember. If you hear that inner critic as you get ready, talk back to it. It can help to focus on what's going on around you, and to think about all the people who have come to celebrate with you. A great star secret for a lovely inner glow is to think, 'I'm beautiful, someone loves me, I have a secret'. Think those three thought and notice how the lights go on inside!"



Walking down the aisle

Star advice: Helen Mirren

"I hate being looked at. But in my job you have to deal with it. It can be torture. I'd feel ill, my hands would shake, I get the sweats, the whole thing. I was incredibly nervous. 'You have to be yourself. If you're in a place of terror it's useful to keep your shoulders low and open. I was taught by a policewoman at Holloway, don't fold your arms, stay open, keep your arms relaxed. It was a great tip.'"

Expert advice: Caroline Goyder

"It can be daunting to think of being the centre of attention - all eyes on you as you walk down the aisle. Focusing on staying tall and grounded will help you. Relax your shoulders, feel a thread pulling you up from the top of your head to give you a swanlike neck - practise with a book on your head at home! If you feel tense think of something that makes you smile and let your eyes and face relax, melting the tension away. As you walk down the aisle have a sense of filling the whole church with your happiness – it will give you presence!"



Making your speech

Star advice: Ewan McGregor

"Walking up there to start your speech, your heart is in your throat; it's a horrible feeling. Once you start, your temptation is just to speak far too quickly and rattle through what you have to say, and miss bits out. 'If you can get hold of your nerves and just slow down, think, and speak at a reasonable rate, generally it goes alright. You need to have thought through all the points you want to cover and allow yourself the luxury of thinking through them as you speak'."

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"A good speech is conversational and it's easier to do when you know exactly what you need to say. Short and sweet is best – three good stories are all you need, with an intro and a wrap. I tell people to plan using a mindmap – a script is a recipe for shaky hands and no eye contact – disastrous!"

"As any good stand up comedian knows – pause before punchline. Go slow and make eye contact. In the end it's not about you at all - it's about the audience. If you keep that in mind, it sorts itself out."

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