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| **Français** | **Anglais** |
| approchent à grand pas  | fast approaching |
| gérer | to manage |
| empêcher | to impede (prevent) |
| influx nerveux | nerve impulse |
| douce | soft |
| pression | pressure |
| s’empare(r) | to take hold of |
| les planches | the boards (of the Theatre) |
| le terrain  | grounds  |
| trac | stage fright |
| au lieu de | instead of |
| décontraction | coolness/collectedness |
| boules d’angoisses | knot in the stomach |
| gorge nouée | lump in the throat |
| craintes obsédantes | obsessive worries |
| pédagogies | teachable skills/methods |
| gestion  | management |
| incombe(r) | to fall to (“This task falls to me”) |
| encombrent | to block/impede |
| tentez | attempt |
| corporellement | physically  |
| bénéfice | benefit |
| octroyez-vous | grant yourself |
| axées | centred on  |
| la détente | relaxation  |
| efficace | effective |
| pour autant que | for as much as… |
| un gage | guarantee  |
| ou pire | or worse |
| conviendra | will be suitable |
| manière | material |
| davantage | more |
| enregistrer | to record  |
| canal sensoriel | sensory passageway  |
| en fonction de | according to  |
| l’autonomie | autonomy (independence)  |
| peu ou prou | more or less  |
| afin que | in order that/so that |
| déborde | overflow/boil over  |
| mettre en jeu  | bring into play  |
| par rapport à | in relation to |
| rater | to fail |
| notamment | especially |