

Workshop

"Winning the Mental Game: The Simple Solutions to Performance Anxiety"

Saturday, February 16
1:45 pm – 2:35 pm, Room 7

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Are nerves getting in the way of you auditioning at the level you know you're capable of? Are you tired of self-doubt and fear wiping out all your hard work and preparation? Imagine walking into a performance or audition knowing you can be your best, no matter how you feel or no matter the circumstances!

You'll learn:

- The three common traits of artists who have overcome audition and performance nerves
- Why all the mental techniques you've been doing only help sometimes
- How to thrive in auditions without needing a pre-audition routine or "getting in the zone"
- How to throw away your beta blockers for good
- How to perform at a high level whether you feel amazingly confident or wildly insecure