



# PERFORMANCE CONFIDENCE

**Performing in front of an audience can be great fun or terrifying! The more you perform for an audience the more your skills will be refined. Knowing your strengths & weaknesses will help you prepare.**

**What are the best ways to prepare for a gig/  
performance/audition/practice?**

# Stage Movement, Production & Preparation

- ☐ **Knowing what you plan to do on stage from walking on, setting up, to walking off**
- ☐ **Check out your space in advance**
- ☐ **Soundcheck!**
- ☐ **Natural progressions - how you speak to how you sing a song - think, gesture, sing**
- ☐ **Warm up**
- ☐ **Practice using a mirror**

# Performance Anxiety

- ☐ **Causes:**
  - ☐ **lack of practice & preparation**
  - ☐ **fear of being judged**
  - ☐ **fear of being inferior**
  - ☐ **a preoccupation with oneself**
  - ☐ **fear of the unfamiliar**
  - ☐ **fear of failing**

# **Reducing Performance Anxiety**

- ☐ **Make changes to the way you behave ie; more sleep, less caffeine**
- ☐ **Make changes to the way you think i.e.; pre-performance routine, warm up, positive self talk, focus on performance goals**

# Pre-Performance Routines & Preparation

- ☐ Warm up - stretches, vocal warm up
- ☐ Eating at an optimum time prior to performing
- ☐ Stay hydrated - water!
- ☐ Rest - disco nap!
- ☐ Meditation
- ☐ Controlling interaction with others prior to performance
- ☐ Hype song
- ☐ Performance alter ego
- ☐ Visualise performance & set goals
- ☐ Exercise
- ☐ Sleep in general
- ☐ Limit stimulants

# **Creative Expression =**

☐ **Preparation**

☐ **Practice**

☐ **Perseverance/Patience**

☐ **Play**



# Preparation

- ☐ **Listen to music for fun & inspiration - nurture your creative**
- ☐ **Watch live performances & make a note of what you like to see/hear**
- ☐ **Poetry/song writing or song selection  
(read classic books for creative/lyrical inspiration)**
- ☐ **Study, live & breath instrument technique**
- ☐ **Collaborate with other musicians**
- ☐ **Make up a work in progress, evolving set list - make sure you know the keys/tempo to help craft the set in the direction you want to take the audience.**



# Practice

- ☐ **Use every opportunity you can to practice ie; Open mic nights, busk, free shows etc**
- ☐ **Tailor your performance to the different locations (indoors/outdoors, big or small venue & audiences)**
- ☐ **Use gestures & your eyes to communicate with your audience as well as your songs/story telling.**
- ☐ **Understand the stage angles 10 o'clock/12 o'clock/2pm**
- ☐ **Video & watch back your performances - have someone you trust & look up to give you constructive critiques regularly**
- ☐ **Practice in your choice of styling i.e.; heels/costumes**

# Practice part 2

- ☐ **Learn how to set up your instruments on stage slowly & quickly!**
- ☐ **If singing, practice correct mic technique, singing & playing lead or bvs**
- ☐ **Design a stage plot or tech rider**
- ☐ **Warm up before & cool down your body after every practice session or performance**
- ☐ **Musicians who practice regularly develop & extend technical skill sets & can open up greater creative expression**

## Practice part 3

- ☐ **REHEARSE!!!!!!!!!!!!!!!!!!!!!!**
- ☐ **Rehearse in a focussed & efficient way**

# Patience/Perserverance

- ☐ **Be kind to yourself, understand progress & plateaus go hand in hand**
- ☐ **A musicians journey is a life long one**
- ☐ **Make a grand plan & always keep the bigger picture in mind**

# Q & A