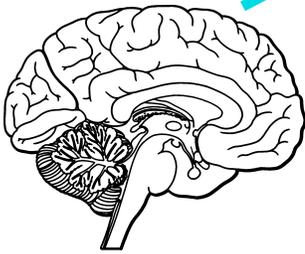


Stage Fright: Tools to Overcome Performance Anxiety

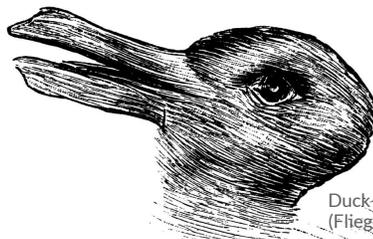
NOTICING

SUPERPOWER



NAME IT TO TAME IT

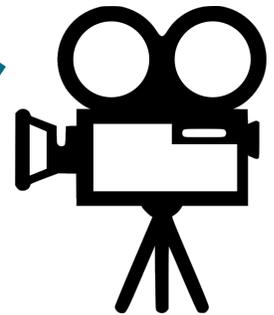
As Dr. Dan Siegel says, "Name it to tame it." By naming your emotions you keep your rational thinking brain engaged.



Duck-Rabbit
(Fliegende Blätter, 1892)

FLIP YOUR PERSPECTIVE

If your worries are caught up in "I", flip your purpose. Instead of singing for the glory of you, sing for the glory of the art.



COMMIT TO THE CHARACTER

By developing as many specific details of the character/story of your song as you can, you create a buffer between your singer ego and the character you are portraying.