



Dealing with Performance Anxiety

with Anna Bishop

- Nerves and fear are normal—performing involves being exposed on stage
- Learn to live with your nerves and turn them into something more positive
- Judges, panels, and audiences want you to play well—you are starting at 100%
- Visualization—recall one of your best performances and remember how you felt
- Redefine what success means to you—set short-term goals to increase confidence
- Play for people and record yourself
- Shift the focus away from you and remove the ego from the equation
 - Make a connection with your audience
 - Only focus on one thing at a time (phrasing, character, etc.)
- Use your body language in a self-empowering way

Resources:

Presence by Amy Cuddy

Practizma Practice Journal by Susanna Klein

Mind Over Finger podcast with Dr. Renée-Paule Gauthier

Ep051 “Transformative Approach to Performance Anxiety” with Nicholas Pallesen

For more videos, please visit <https://virginiasymphony.org/learninglab/>