

Annette Stowe, Ginger Wyrick (UNCG)
Amber Nicole Dilger (private, Cary)
Jennifer Gould (private, High Point)
Laurence Quinnett (Livingstone)

****Meeting Link needs to be on website****

Performance anxiety doesn't equal nerves.

Body can shut down from fear

"This will kill me"

"Music share" vs. recital

Performing is a skill that needs to be practiced!!!! Don't let a competition be the first time!

Middle School - perfectionism is HUGE

I need to look cool, guarded, safety

Miracle League (non profit, skills for students with any disabilities) - singing nat'l anthem - everyone attending is committed to support - scary but supportive at the same time.

Graduated performances - online (monthly online open mics) performances, summer fun party (karaoke) (meet and greet with background entertainment) Winter sing a long with retirement community, performance festival, RCM online exams, miracle league, spring recital, open mics in town, local county fair w/tracks, community theatre auditions, drum circles (improve but commenting with other people but can't really make a "mistake"

Hand out programs at annual recitals, so participating in some way, even if not "performing"

Small stake activities lead to large stake activities

time management parameters, building skills/community

"buddy" systems - build a plan of success

It's okay to "fail" - make mistakes. Learn to improv so you can turn a Mistake into a real part of the song!

Don't be a purist regarding the page. Help student grow as an artist. Give them the notes if they need them. Build them up as a performing artist. Help them succeed. Culture encourages absence of forward momentum. They don't know how to work through adversity. We need to educate so they can move forward. (Labels - ADHD, accommodations that can be respected but that doesn't give them permission to shut down.) Not teaching how to interact with others. Learn how to regulate our systems.

Practice exercises are chances to learn/practice skills - calming breaths, mindfulness exercises, check in with yourself/your body gives you some access of control over the situation.

So focused on the ego/self in our culture now. Artists need to focus on others in order to effectively make art. Think about how the sound is playing in the space. Something outside yourself. Unique instrument - story through the individual instrument is what's important, not perfection.

Heart beating fast. How to practice performing, getting calm with this stress? Do jumping jacks, then sit down and play/sing. Challenge your stressors. Do you really have this memorized, or did you need to play it a bunch of times to get it right? Normalize errors. "If I can hear the mistake I know you're trying" - ginger Acknowledge mistakes so I know you're working it out - ownership of the product.

Collaborative pianists SUPER important. To play with heart and ear with the other artists. Get off the page and make music! It's about the music/the story, not about the performer.
"Today I get to perform..."

Dress rehearsal in space can be freeing because I know what to expect.

The inner game of music. - really helpful
Performance = potential - interference

The more we can name things the more we can overcome them. (Fear is trying to be helpful, it doesn't mean to be terrorizing) figure out how to "hear" your fear and give it what it wants. If you're afraid you'll forget the words, memorize EARLY and practice in different situations so "fear" knows it doesn't have to worry.

Preparation is SO important. Low key opportunities helpful

Performance isn't about YOU it's about sharing your gift. Bowing is being grateful for the audience's attention. More performance opportunities = less pressure on each performance.

Beginners - yoga, body relaxing fighting tension - whether teens or children - working with awkward feelings - how to up your mental game. Espresso Lessons From the Rock Warrior's Way by Arno Ilgner (rock climbing) four points of attention breath, eyes, relaxation, posture - helps with piano too "unconscious incompetence to conscious competence"