

Workshop

Performance Anxiety Toolkit

Sunday, February 16, 12:30 - 1:20 | Sully

with Kristen Gygi

Most people don't understand why we have fear, and very few use it to their advantage. In this interactive and experiential workshop we will:

1. Discuss the true reason we get nervous
2. Learn to reframe unsupportive thought structures
3. Demonstrate and practice special techniques to shift out of fear
4. Rediscover our innate ability to focus on our love for the music.

Class will include group discussion, individual and group exercises, Q&A. All levels of musicians and music lovers are welcome!

Key concepts include:

1. How (and why) fear is misunderstood
2. What fear really is and why we don't need to be afraid of it!
3. How to identify and resolve the root cause of fear
4. How to allow our innate ability to make music, and share this with our audiences
5. Feeling vs. thinking