



## Performance Confidence Ideas 2021

One can have no smaller or greater mastery than mastery of oneself. ~Leonardo da Vinci

**Practice performance confidence ideas and find the ones work for you.**  
They will change and different ones work at different times in your life.  
So, it is best to have a few that help and to practice using them daily.

### Nerves - Rephrase- Visualize & Virtual Reality

**Everyone gets “nervous”,** has additional energy, adrenaline and have feelings before and during the doing something that they care about.

**Don't ignore** it, feel it but choose to not focus on it.

**Do direct** the energy in a positive, real way, into your music and music making.

**It is the people that have become aware of and worked with their own "nerves" that appear to be less nervous and feel more confident, even with some nerves.**

#### **Rephrase nervous:**

What are nerves? The movement of energy, neuro-chemicals in your body and mind...

A part of me is nervous... There is a lot of energy moving through me right now that I can use for performing... I am very excited to play and audition! I am aware of this nervous energy and choose to focus on my breathing to relax and release tension...

What kind of energy is moving through you?

How can you use this excited energy to help you?

### Visualize

**Visualize** what you want, in detail, **how you want to feel as you** play and perform your music.

**Create a Virtual Reality,** at least 30sec that is good for you to audition and perform in!

**Bubble/World:** Create your own bubble/world. It can be any shape, size, color, and have anything in it that you love.

It is a **personal sanctuary,** a place of peace, protection, beauty, vitality and freedom... The idea is that you are safe in it and that nothing bad can enter your bubble/world. Everything goes from the inside to the outside freely. You take this with you wherever you go.

So, even though you may have an audition, lesson, practice performance in different places, you always have you and your bubble/world that you play from and offer to the world, wherever you are.

What do you notice and how do you feel inside your bubble/world? Play with creating your bubble/world and practice performing in it. Learn to Cue your bubble/world instantly **so that you can recall this personal sanctuary when you want to,** in any kind of performance or stressful life situation.



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### Personal Routine

Develop a personal Routine.

#### **What helps you to play your best and most confident?**

This will include the night before, day of, warm up before, and at the performance or audition. Include: warmups, centering, playing, your mental thoughts, what you wear, walking onto stage, tuning... Visualize in detail a powerful, positive, way you want to feel and play.

**Learn what you need so that you can play like you want to... and to perform at a level that makes you happy and satisfied.**

### Warm Up

#### **Connect to whole self and your flute.**

How you connect to yourself and your flute is warming up.

#### **How you “warm up” really matters and can make the most difference in how you audition and perform.**

This is not just at the performance but a **daily development and awareness of how and what you are doing and feeling.**

### Positive Self Talk - 17 Seconds

How do you **talk to yourself?** It really matters. **17 seconds** to set into motion a negative or positive neural pathway. So for 17 seconds say helpful, positive, encouraging things to yourself!!

#### **Believe in yourself and what you are doing.**

Learn to believe in and trust your interpretation and your music making. It takes practice to believe in & trust yourself.

Trust yourself, the people you are making music with, the people who came to listen to you and in something greater than yourself.

#### **Use words that Empower you! Create a personal Mantra, a set of words you use.**

Use these **power words** each time that you video/record and before you audition or perform.

### Body Language & Power Poses (Amy Cuddy on Youtube)

#### **How you sit, stand, breathe and use your body matters and has a biochemical effect on you too!**

During the day, at the audition, and during your audition. Check in and use powerful, open body language.

#### **Stand, Sit & Breathe in Open, Confident, Powerful Ways!**

Open and confident body language (Power Poses & Yoga) and easy breathing, lowers your cortisol, stress hormone and raises the I can do it, testosterone hormone...

**Your body language changes your brain chemistry.**

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**Your thoughts also change your brain chemistry and hence your body language.**

All of this, your body language and your thoughts, can make a positive difference in your daily life and in a confident performance!

## Breathing and Body

Include your whole body as you play.

**Let go of any places you are feeling tension in your body and breathing.**

**Notice your breathing,** and get rid of stale air and **avoid holding your breath.**



**I like a ~ Double INHALE & LONG EXHALE**

EXHALE:

The easiest way to do this is with a **long exhalation (or a long tone)** and allow the air to fully easily return on the inhale.

**Vagus Nerve**, is the nerve in the Central Nervous system, that tells us everything is ok, safe. This large central nerve gets stimulated and massaged when you EXHALE.

The vagus nerve then sends message to brain and body, neuro chemicals, are released to calm us on an EXHALE. **Loooooooooong exhalation= Long tones = calming.**

Versus the INHALE, which is stimulating to the nervous system. We call this quick breathing in the **Flight, Flight or Freeze**. That is another reason why it is important to learn to take easy inhalations or breaths in when playing, to be aware and control your nervous system.

Get rid of, release stale air = EXHALE

Relax and Release extra muscle tension while you are sitting and getting ready to play.

Play a long tone, connect to your sound, body and flute = centered & calmer.

## 5 Second Rule - Center & Sound

Play a long tone that is **at least 5 seconds** to center yourself and your sound.

**Center** yourself in the Silence, take time to bring flute to you as you prepare to play.

**Play** your warm up note, connect to your body, breath, sound before performing/playing anything and how you want to feel and what you need to play the music you are about to play.

**It takes takes time to** clear the clutter of the mind, to calm and center yourself, to feel, to listen to be inclusive and whole in your practice, play and music making.

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## Essential Oils

Some people are helped by their sense of smell. Essential oils cross the brain barrier and do effect how you may feel. Smelling and putting a drop of **lavender oil** on your wrist usually has a calming effect on the nervous system and trigger the relaxation chemicals in your brain. **You train your brain that when you smell this you are more relaxed, calm and centered.**

## Music Making

We call it music making because we are very busy making the music come to life!

**Focus your energy on making the music come to life as you want it.**

Physically, Mentally, Emotionally, Spiritually.

**Be Engaged, Expansive, Expressive & Energized** at your audition and on Stage.

**Find what works for you and practice these ideas.**

Use the ones that work for you.

You will notice yourself becoming **more confident** and being **more consistent** at your auditions and performances.

**What are some of the ways that you have found helpful!**



**We would love to hear from you!**  
**Jennifer**