



Performance Confidence Ideas 2019

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

You have to practice building these ideas and find the ones work for you.

They will change and different ones work at different times.

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 things they feel before and during the doing something that they care about. **It is the people that have become aware of and worked with their own "nerves" that appear to be less nervous and a feel more confident, even with some nerves.**

Rephrase nervous: to 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!

What kind of energy is moving through you? How can you use this excited energy to help you?

Don't ignore it (that is just not feeling what is really there and not helpful either).

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

Visualize 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 and for you to perform in!

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 to 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.

Share your music in an easy, generous, confident, and expressive way.

Body Language & Power Poses (Amy Cuddy on Youtube)

How you sit, stand, breathe and use your body matters!

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!**



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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. 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.**

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. **Looooooooong 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 and 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.

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.