

Managing Performance Anxiety

Saturday March 2nd, 2024

This pre-performance workshop is a wonderful opportunity aimed at working through all the thoughts & jitters that can arise when playing for an audience. For first-time performers and seasoned musicians alike, we will learn and discuss many ways to alleviate the anxieties that come up for everyone.

- ✓ Come experience the space beforehand
- ✓ Learn what triggers your anxiety.
- ✓ Develop & practice your own performance routine
- ✓ Find your focus in the moment
- ✓ Make performing a positive experience!

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