

CLASS OUTLINE FOR

PERFORMANCE WITHOUT FEAR

WITH ELISABETH POMÈS

Class Outline for “Performance without Fear”

with Elisabeth Pomès

Class #1: The World of Performance: Introduction to concepts

Part I The thrill of victory and the agony of defeat

What is your experience with nerves?

Part II The inner game of Music

- What is self 1/self 2?
- Performance = Potential minus Interference ($P = p-i$)
 - Definitions and examples of: Exterior and Interior interference

Part III The Power of Awareness: being present

- Introduction to stretching and breathing exercises
- Concentration exercise

Class #2 Finding the Inner Strength

Part I Accessing the Inner Quiet

- Breathing exercises
- Complete stretching exercises
- Scanning
- Stress-releasing techniques

Part II Recovering a sense of Safety: Trust & Will

- Goals: how to work with them
- Inner blocks to full realization: core negative beliefs
- Power of change: Affirmation weapons.

Class #3 Recovering a sense of Power & Possibility

Part I Dealing with Criticism

- Good criticism and bad criticism
- Notebook of positive qualities
- What to do with criticism

Part II Energy or the Art of Relaxed Concentration

- Definition of the concept of “relaxed concentration”
- Invigorating exercises
- Streaming
- Energy & Tai Chi

Class #4 Reprogramming the Mind: The Power of Imagination

Part I Dealing with losses and failures

- Gain disguised as loss
- Steps to your dream

Part II High-Performance Imagery

- Focal Images
- Anchoring
- Introduction to visualization
- Guided exercise with relaxation tape

Class #5 Being a Successful Artist

Part I A winning attitude

- Definition of success: building a new Self
- Motivation
- Commitment
- Mental toughness
- Self-protection

Part II *The Act of Auditioning*

- Tips
- High Performance lifestyle
- Audition preparation skills

Part III *Your Mission as an Artist*