

## Performance without Fear Workshop Outline

### Morning Session

#### Introduction:

- Overview of concepts
- The inner game of performance: Self 1 and Self 2
- Performance = potential minus interference

#### Part 1: Breaking the Anxiety Circle - Releasing Tension

- 1-Tension relieving exercises (Yoga, Feldenkrais, Tai-Chi, Chi-Kung)
- 2-Yoga Stretching Exercises ( *Loose clothing required*)
- 3-Alignment (how to sit or stand properly for maximum energy and efficiency)

#### Part 2: Serenity –Accessing the Inner Quiet

- 1-Breathing Exercises
- 2-Centering and Self-confidence
- 3-Relaxation Exercise (with a tape designed by the instructor)

#### Part 3: Reprogramming the mind –Quest for Dignity and Self-Appreciation

- Recovering a sense of Possibility:
  - Goals setting
  - Blocks to those goals
  - Core negative beliefs
  - Affirmative weapons
  - The Hall of Champions
- Recovering a Sense of Power: Dealing with Criticism
  - Good criticism and bad criticism
  - Gain disguised as loss
  - Notebook of positive qualities
  - Recognition of accomplishments

## Afternoon Session

### Part 4: The Art of Relaxed Concentration

- Power of Mindfulness:
  - Short meditation exercise
  - Score studying
  
- High Performance Imagery
  - Focal images
  - Anchoring
  - Visualization

### Part 5: Masterclass

Each student performs a piece of her/his choice. The instructor and the other participants give feedback to the student in a supportive manner.

This provides the student an opportunity to try some of the techniques learnt in the morning session.