



S E M I N A R S

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Conquer Stage Fright: Perform with Confidence!

1. Understand the physiology of stage fright
2. Complete 50 relaxation sessions
3. Establish an optimal performance mindset
4. Use the Five Stages of Peak Performance
5. Practice performing

1. Understanding stage fright

Stage fright is a symptom of the body's stress response. You have been triggered by the presence of a real or imaginary danger. Lots of things change in your body when your stress response has been activated. How do you know you have been activated?

Physical Symptoms

Muscle tension
Increased heart rate
Shallow, rapid breathing
Cold, clammy hands
Dry mouth
Stomach distress

Emotional Symptoms

Distorted thinking
Feeling overwhelmed
Distracted or super focused
Emotionally upset
You want to run away
You feel like you can't do it

Interventions for stage fright

1. The ten-count breathing exercise
2. The finger squeeze breathing exercise
3. Relaxation exercises (Listen to track II on the CD and there are video clips on my website www.jonskidmore.com)
4. Trigger words
5. "So what, it's just activation."
6. Positive self talk: "If it is not life threatening it is trivial."
7. Mental rehearsal/visualization
8. Use the Five Stages
9. Face your fears



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4. The Five Stages of Peak Performance

Stage I. The foundation

What is your goal or intention?

Why are you pursuing this goal? What is your motivation?

How are you committed to being as you pursue this goal?

Write down three words that describe how you are committed to being as you perform.

Trigger words: _____

Stage II. Ready!

Skill acquisition and mastery – Practice, Practice, Practice!

Constant self-awareness: evaluate, critique, experiment, observe, adjust.

Mental preparation/visualization.

How are you being as you pursue your goal?

What is incomplete? What is your plan to complete it?

When you plan your work and work your plan, your plan works!

Important: Declaring your preparation complete allows you to perform with freedom. Declare complete what is incomplete!

Stage III. Set!

Get yourself mentally and physically set to perform.

Physical preparation includes your uniform, costume, instrument, transportation, food, grooming, and musical warm-up.

Being mentally set: attention control and positive self-talk.

Pre-performance routines (warm-up routines) to access motor programs. No Rituals!!

Trigger words to access the desired mental states for the performance.

How are you being? Confident, Expressive, Bold!

Stage IV. Go!

The performance.

Step into the sandbox, stay in the sandbox! Go Play! Sandbox it!

Limited self-awareness, a present focus of awareness, ease, flow, in the zone.

No thoughts of victory, no thoughts of defeat!

Stage V. And now what? The post performance debriefing

Each performance is a practice in performing.

What worked?

What didn't work?

What will you do next time?

No post performance bashing!



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5. Practice performing a lot!

Every performance is a practice in performing. When we look at performing as a big important event we usually have lots of worries. Is it going to be good, or bad, right or wrong, perfect or flawed? Who is going to be there? Will they be disappointed? Will they think I am good or bad?

When you begin to use the Five Stages of Peak Performance you can enjoy the entire process of performing. Every performance is part of the process of learning how to be a more confident, creative and expressive performer. You also get to practice how to deal with who might be in the audience and any other things like a microphone, stage lighting or a strange piano.

When you look at a performance as part of a process you can accept that the majority of what you performed worked and there were some things that didn't work. What will you do next time? The goal with each performance is to find the "gem" in your last performance that will help you shine that much brighter at your next performance.

Suggestions for preparing yourself mentally for your next performance

Start each practice session with a breathing exercise.

Start each practice with your optimal performance mindset. I am confident, bold and free.

Use mental visualization: Do a relaxation session or when you go to sleep at night think about your performance and pretend to perform. Imagine yourself performing with skill and confidence.

Practice the Five Stages with other types of performances such as spelling tests, sporting events, public speaking, or at a group lesson.

Become aware of when you have shifted into a negative mindset and practice shifting back into your optimal performance mindset. Sometimes it is not so easy. Remind yourself which of the Five Stages you are currently working on. It is a process!

Be aware and keep your-self talk positive. "If it is not life threatening it is trivial."

Take advantage of every opportunity to perform.

Use the debriefing questions (in Stage V.) after your next performance.

Get the coaching that is needed to break you out of your negative mindset.