



MUSIC · UNIQUE EXPERIENCES · SOCIAL CONNECTION · EDUCATION

PERFORMANCE ANXIETY

Elective A

Instructor: Shannon Fitzhenry
Monday - Friday
1:15 PM - 2:25 PM

This elective class, taught by EPSO Concertmaster Shannon Fitzhenry, will tackle many issues that we as musicians have when we perform. Why do nerves happen? How can we set ourselves up for success in our daily practice? How do we present ourselves on stage even while we are nervous? We will look at the chemical reasons in our bodies that cause nervousness, as well as how we can treat ourselves, both mentally and physically, in a way that helps us prepare for a performance. **This class is recommended for ages 13 and up.**

MONDAY



Introduction and The Chemical Mystery of Nerves

- What happens in our brain and body to give us the feeling of nervousness?

TUESDAY



Mental and Physical Exercises to Help Us

- What can we do the day before and day of a performance to help us deal with nerves?

WEDNESDAY



Stage Presence

- Performing is also acting, so what does that mean for us as musicians? How should we present ourselves on stage even while we are battling anxiety?

THURSDAY



Audition Preparation: How to practice and mentally prepare for an unnatural performance, such as an orchestra audition.

- Special guest Jamie Carney, Principal Cellist of El Paso Symphony, joins us to have a discussion on the ins and outs of taking auditions, and what we can do to set ourselves up for success.

FRIDAY



Discussion and Wrapping Up

- Summary of what we have learned during the week, and a group discussion with questions, observations, and comments.