

Monday, October 16, 2023

Performance Anxiety Group Coaching for Dancers

Company: Rebecca Brown
Venue: The Mark Morris Dance Center
Location: Brooklyn, NY

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Mind and body are connected, yet most dance training solely focuses on the physical. And when we do consider the mind, we say general things like "get out of your head", "don't think too much". "just focus", or something that may sound good, but, how helpful is that? What if you knew *exactly* how to do all of that in a way that *actually* resulted in your *ideal* performance? Dancers learn about the elements related to what we call "stage fright" or performance anxiety and examine their own unique performance challenges on stage. In this guided exploratory process, dancers are provided practical tools to approach their specific mental blocks with a better understanding of *how* to strengthen their mind-body.

IF YOU EXPERIENCE:

- *Sweatiness, shaking and nervousness before & during performances
- *Spacing out or forgetting routines/combinations during major performances or auditions
- *Rehearsals looking better than showtime
- *Decreased ability to perform on demand
- *Problems executing movements with precision at each attempt.
- *An overload of fearful thoughts before or throughout performances

IF YOU WANT TO :

- *Learn how to control your mind-body connection
- *Feel confident throughout your whole routine, audition or performance
- *Learn practical skills to increase your overall physical and mental performance quality
- *Quiet negative and distracting thoughts during your performance
- *Manage the sweatiness, shaking and nervousness before and during performances
- *Relax your mind and body before you present and remain calm throughout the entire performance

I invite you to attend this group. If group coaching isn't your thing, that's okay. Reach out to work with me individually. I am also available for individual sessions to discuss your specific concerns.

Facilitated by Rebecca Brown

Dancer, Performance Enhancement Coach
& Licensed Clinical Social Worker

www.rbrowncoachingandconsulting.com

This is for adult dancers of all levels and genres

PRICE: \$150

DATE: Monday October 16th

TIME: 2:30PM- 3:30PM

LOCATION: The Mark Morris Dance Center

Rebecca Brown
3 Lafayette Avenue
Brooklyn, NY, 11217
<https://www.rbrownpsychotherapy.com/peak-performance-coaching-and-consulting/performance-anxiety>

Schedule
October 16, 2023: 2:30pm

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