

Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 7 – Performance Anxiety



Reference Guide

Every week you'll find a detailed outline of each week's topic.



Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



Notes

A space for your notes has been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



Parent Anxiety

External Pressure

- Peer pressure
- Perfection
- Time constraints
- Performance anxiety



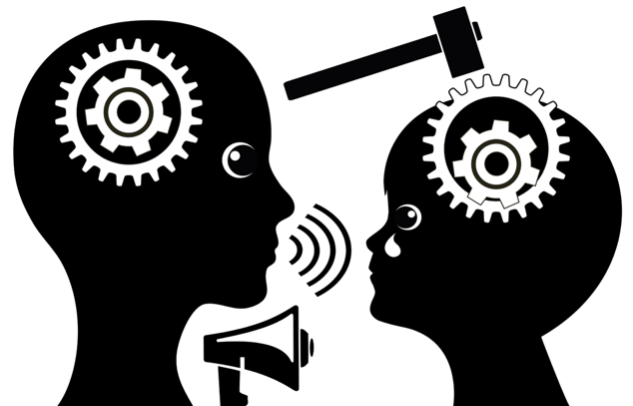
Internal Pressure

- Who's on stage
- Fear based thoughts
 - "am I doing enough?"
 - "what if..."
- self-worth is challenging



What do children "hear"?

- Your expectation
- Lack of trust



*"Anxiety does not empty tomorrow of its sorrows,
but only empties today of its strength."*

[illegible]



Dancer Anxiety

External Pressure

- Disappointment
 - Parents
 - Teams/studio
 - Audience
- Perfectionist



Internal Pressure

- Personal expectation
 - Am I good enough
- “what if” syndrome
 - forgetting choreography
- comparison



Stressful Environment

- Unorganized space
- Surrounding energy
- Time/rushing



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.



Solutions to Anxiety - Parent

Refocus your Energy

- Define your role
- Calm energy/vocal tone
- Assist organizing dancer space



Handle Fears

- Watch your reactions
- Let go of expectation
- Be an audience member



NOTES



Solutions to Anxiety - Dancer

Refocus your Energy

- Quite space
- Personal energy/tone
- Breathing exercises
- Meditating

Staying on Track

- Do your job
- One task at a time
- Mental preparation
- Visualize your performance



NOTES

Expert's Corner

Performance anxiety is something that can be a severe detriment to a dancer's career if not properly addressed. This week's topics will help them move past their anxiety and prepare them for auditions.

Just remember, it's common for everyone, no matter how experienced they are, to have occasional moments of anxiety or forgetting choreography. Just brush it off and make sure not to be too hard on yourself.

****Pro tip – if you do forget choreography in an audition, don't stop dancing! Pretend nothing is wrong and simply freestyle until you find your place again.**

Life Lessons

Anxiety and internal/external pressure can be a huge burden for some people. When you're feeling down, make a conscious effort to rewire your thought patterns to more positive or productive things.

In the end, you are in control of your thoughts even if it may not seem like it. Small improvements and positive mental habits are key to long-term results.

Week 7 - Homework

Week 7s HW is to set up a consultation call with our team. We want to provide you with the chance to discuss your individual needs and hear how this program has helped in your life and your child's life.

Step 1: Send us an email at support@success.dance to schedule your call.

Step 2: Speak with one of our team members about your experience with the program and any questions you may have.