

**CLASS OUTLINE FOR**

***PERFORMANCE WITHOUT FEAR***

***WITH ELISABETH POMÈS***

# **Class Outline for “Performance without Fear”**

**with Elisabeth Pomès**

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## ***Class #1: The World of Performance: Introduction to concepts***

### **Part I The thrill of victory and the agony of defeat**

What is your experience with nerves?

### **Part II The inner game of Music**

- What is self 1/self 2?
- Performance = Potential minus Interference ( $P = p-i$ )
  - Definitions and examples of: Exterior and Interior interference

### **Part III The Power of Awareness: being present**

- Introduction to stretching and breathing exercises
- Concentration exercise

## ***Class #2 Finding the Inner Strength***

### **Part I Accessing the Inner Quiet**

- Breathing exercises
- Complete stretching exercises
- Scanning
- Stress-releasing techniques

### **Part II Recovering a sense of Safety: Trust & Will**

- Goals: how to work with them
- Inner blocks to full realization: core negative beliefs
- Power of change: Affirmation weapons.

### **Class #3 Recovering a sense of Power & Possibility**

#### **Part I Dealing with Criticism**

- Good criticism and bad criticism
- Notebook of positive qualities
- What to do with criticism

#### **Part II Energy or the Art of Relaxed Concentration**

- Definition of the concept of “relaxed concentration”
- Invigorating exercises
- Streaming
- Energy & Tai Chi

### **Class #4 Reprogramming the Mind: The Power of Imagination**

#### **Part I Dealing with losses and failures**

- Gain disguised as loss
- Steps to your dream

#### **Part II High-Performance Imagery**

- Focal Images
- Anchoring
- Introduction to visualization
- Guided exercise with relaxation tape

### **Class #5 Being a Successful Artist**

#### **Part I A winning attitude**

- Definition of success: building a new Self
- Motivation
- Commitment
- Mental toughness
- Self-protection

**Part II      *The Act of Auditioning***

- Tips
- High Performance lifestyle
- Audition preparation skills

**Part III      *Your Mission as an Artist***