

ROCK YOUR STAGE PRESENCE WITH CONFIDENCE

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FEAR AND CONFIDENCE

- What are some fears you have around performing?
- Where do you feel it in your body?
- How do you want to feel?
- Recognize that most people experience confidence issues when performing
- What does it look like when someone has good stage presence? Bad stage presence?

WHAT IS CONFIDENCE?

Confidence is how you feel about yourself and your abilities. You might be confident in one area, but not in another.

Self confident people are often:

- Flexible
- Open to being wrong and learning
- Have faith they can deliver / believe in themselves
- Are able to ask for support when needed

How do you create confidence?

Confidence comes from taking courageous action! And getting the feedback. The best way to grow confidence is by facing a challenge, doing it anyways and realizing you're ok after and appreciate yourself for showing up. It's built a little at a time, being willing to fail and staying with it.

FLIP THE SCRIPT

When you watch someone perform who is struggling, how do you feel towards them usually? Do you feel compassion or empathy?

Imagine you are in the audience watching you perform. Can you apply the way you'd feel towards someone else towards you?

Expect an audience to be neutral or wanting to support you.

Change from viewing the audience as judges and view them as sending waves of appreciation, love and support.

Anxiety/fear >> into **excitement**

THE POWER OF AUTHENTICITY AND VULNERABILITY

The audience mirrors your energy. If you are tense/scared, we feel it.

Authentic, vulnerable, willing to be human - we feel it.

Disarm your audience with your own vulnerability. Be authentic - what's that look like?

Find a balance between being vulnerable and oversharing.

PERCEPTION SHIFT: NEEDING APPROVAL VS INTENTION OF OFFERING

Shift from wanting approval to "How can I make this space magical and meaningful for them?" Focus on THEM, not you.

What would it take to curate a musical space for an audience to reflect on what's most important to *them* in their own lives and how they may relate to your story.

Make it a relational event. Less about if they like you, and more about wanting the audience to connect to the common humanity in the sentiment or themes in your song. Or your voice, your message.

Like JFK said: "Think not what your audience can do for you, but what you can do for your audience."

HUMOR

Lighten Up. How can you lighten up the moment?

A true performer is incapable of making a mistake.

How can you make a mistake actually something better than if no mistake occurred? It shows a moment of realness and presence.

TOOLS

Some key tools for making a good performance:

- Pre-show routine
- Connect with source
- Warm up
- Be prepared (lyrics, practiced, etc)
- Respond to what is happening in-the-moment, and not ignoring it
- Eye contact with the audience
- Smile
- Storytelling and banter: Create a set list of points

BEGIN WITH YOUR BODY

Your body is communicating as much as your song. We are super influenced by our non-verbals. Be mindful of your body on stage at all times

Our non verbals govern how others think about us. Do they govern how we think about ourselves?

When people and animals feel powerful, they open up in their body. When they feel powerless, they get small.

Our minds change our bodies, do our bodies change our minds?

Power Stance: Research shows when we shift our body, it affects our minds. Create a power stance before playing.

CONFIDENCE MANTRA

Power stance 30 seconds

Create short self confidence mantra based on your specific challenges and goals for how you want to be on stage.

What would you say to yourself if you were comforting yourself and supporting yourself?

“I have all I need within me.”

“I’m a badass performer”

“I feel great on stage in my body and mind”

“I am allowed to be here”

Now go out there and inspire!