

Presence – ICWF 2023

Define Presence

- What performers, musicians, and people do you admire who have presence?

What is Presence

- A positive, brilliant energy that happens in the moment
- Mental state
- Physical
- Visual

Qualities

- Authenticity
- Vulnerability
- Confident, trust in self
- Powerful
- Communication
- Connection to self and others
- Best self, values

Three Circles of Energy – handouts

- First Circle- inward, shutdown
- Second Circle – life force, connection
- Third Circle – effort and pushing outward

Which circle do you live in? mentally, physically, vocally

Physical Presence

- Open and own the space
- Where are your eyes in time and space?
- What is your body doing in time and space?
- How do you bow, how do you scan the audience?
- How do you connect?

Anxiety

How do we deal with anxiety?

- As mammals, our nervous system feels safe when we feel connected.
- Regulation
- Face-to-face interaction: babies and mothers
- Parasympathetic and Sympathetic
- Self-regulation and dysregulation
- Rumination
- Negative Bias - the brain is like Velcro for negative experiences but Teflon for positive experiences.
- Rick Hanson's blog

What fires together wires together – train your minds

- Train the brain with self-directed neuroplasticity -refer to handout
- Celebrate wins and acknowledge your progress – intentional awareness
- Practice gratitude
- Share appreciation with others
- Savor positive experiences
- Practice expecting the good. When you start catastrophizing, become **curious** and ask yourself what would happen if you expected the best.

Earlier in the day before a performance/calm your nerves

- Practice the performance as many times as possible
- Meditate and visualize a successful performance
- Take a bath in essential oils
- Walk in nature, barefoot
- Cold water therapy
- Essential oils/Gaba
- Tapping

When in an audition or performance

- Become **familiar** with your environment
- Touch the walls
- Practice in the space if you can
- Unfamiliarity does not create safety
- **Mindfulness** requires feeling safe
- Open body – own the space

- What is the character of the piece – mental/visual connection to the piece?
- Artistry
- Connected beyond the screen
- Feeling your feet connected to the ground.
- Primal breathing techniques
- Posture
- Take time on stage – refer to the handout

Don't fight anxiety – accept the anxiety and interpret it as excitement. Breathe through the anxiety. Allow it to happen anyway. It is a natural response and won't hurt you. **Get curious!**

Learning primal breathing

Meditation

Website for meditation: Rick Hanson

Apps: Calm, Insight Timer, Tapping Solution