Performance Dynamics

What is it?

An 8 week online group coaching course, where you will learn everything you need to fulfill your potential as a performer. Together with a cohort of like-minded creatives, we will identify exactly what your goals are as a performer, what is holding you back, and – most importantly – how to get to where you want to be! Together, we will build your own psychological toolkit for peak performance.

Who is it for?

Performing and creative artists who struggle with any of the following:

- Performance anxiety
- Confidence and self belief
- Dealing with setbacks and building resilience
- Burnout
- Perfectionism
- Translating what you produce in the practice room into successful auditions and performances

- Concentration and focus
- Staying motivated
- Practicing effectively
- Preparing for auditions
- Negative self talk
- Getting (and staying) in the zone
- Performance mindset

This course is for performing and creative artists who are ready to make some serious changes and address the blocks that are holding them back from reaching their full potential.

What you'll get:

- A one on one coaching session with me to identify exactly what you want and what is holding you back.

- 7 x weekly online group coaching sessions.

- Resources to further your knowledge of each topic.

- Unlimited contact with me throughout the course.

- An online facebook community of like-minded and inspiring performers and creatives who are committed to being their best.

- Powerful accountability! Mentor-to-peer and peer-to-peer accountability to ensure you honour the actions you're committed to undertaking to be your best. We can all set goals, but *powerful accountability* is what changes those goals from dreams into reality.

- A safe space to explore how you can perform your best.

Want to take it further?
Bespoke performance coaching can assist with identifying and tackling the unique challenges that are holding you back from success. Book a discovery call today.

🌐 www.theperformersedge.world

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