

## Bathroom Singer Lesson 8

### Confidence and Performance

Goal: Consolidate learning to gain confidence in our voices with aims for performance.

#### Performance anxiety:

Overcoming performance anxiety starts by acknowledging nerves are normal. This shows you care about your performance and have high expectations. Embrace this feeling and channel it towards excitement over terror.

Ensure thorough preparation. Choose a song you know.

Practice in low-pressure setting to build confidence.

Use diaphragmatic breathing (lesson 2) to calm nerves and visualise success.

Shift focus from the nerves to the music itself and how to express it.

Create a warm-up and/or pre-performance routine to feel grounded and ready.

Start your song strongly and ignore mistakes.

Perform regularly to improve and reduce nerves.

#### Presenting ourselves while singing:

Dress appropriately for the occasion. Weddings, family parties, community events all have varying dress standards. Decide prior if you want to fit in, stand out or find middle ground.

#### Remember to smile

Eye contact is really appreciated by an audience but if you do not feel ready for that pick a spot at the back of the room and stare at it ensuring your eyes are up.

If closing your eyes helps then this is OK too but keep the head up.

Choose an easy song you know well. This is linked to preparedness. You are more likely to relax into a performance if other elements are taken care of.

Learn your lyrics off by heart.

Be certain how to count your introduction and know where your starting note is.

Practice any tricky sections separately in advance weeks before the performance. This gives you time to improve and make changes where necessary.

A simpler song conveyed well is more effective and pleasing to the audience than a challenging one with errors relating to difficulty or lack of practice.

Record yourself and BE KIND!

- We are all our own worst critics
- Your internal hearing picks up your vocal sound differently thanks to all the resonance we learnt about in lesson 7. It is normal for it to take a while to get used to hearing your own voice on recording.
- Reflect on errors with a realistic viewpoint encompassing other factors e.g. sound, change in circumstance (placed earlier in order than thought).
- BE PROUD OF YOUR EFFORTS

Practice: Record short videos of yourself daily

- Embrace your voice and sound
- Keep criticism constructive – perfectionism does not exist!

Songs: Choose your favourite song of all time.

Record yourself singing it either a cappella or with a backing track

Combine breath control, accurate pitch, register adjustments and blend, clear diction, full tone, expression, dynamics and confidence but most importantly – HAVE FUN!

Send your video to me for feedback – feedback may take up to one month so thanks for your patience.

Great performance songs:

Perfect – Ed Sheeran

My Heart Will Go On – Celine Dion

Man in the Mirror – Michael Jackson