

STAGE PERFORMANCE – BUILDING CONFIDENCE		
What is it	What it means	It feels like
1. BUILDING UP 'INTERNAL' CONFIDENCE	1. The key of building stage confidence is in SOLID PREPARATION and EFFICIENT PRACTICING beforehand. 2. The MORE you KNOW the MORE CONFIDENT you will BECOME performing on stage.	→ DEVELOPING INTERNAL CONFIDENCE TAKES TIME → SOLID & EFFICIENT PRACTICING IQUALS MORE CONFIDENCE
2. BUILDING UP 'EXTERNAL' CONFIDENCE	1. SHOWING OFF the result of your practice 2. PRESENTING the final 'product' – it's your PERFORMANCE - be an ARTIST ON THE STAGE	→ SHOWING CONFIDENCE EXTERNALLY → BECOMING AN ARTIST ON STAGE
3a. EXPRESSING BODY LANGUAGE	1. SHOWING confidence in a natural way with your body language - FEELING 'AT HOME' ON STAGE and 'OWNING' THE STAGE	→ FEELING 'AT HOME' ON STAGE → 'OWNING' THE STAGE
3b. STAGE PERFORMANCE PRESENCE	1. Your job now is to be PERFORMING and EXPRESSING your ideas and PERSONALITY through the music, and to CONNECTING with the listener in the process.	→ PERFORMING / EXPRESSING / CONNECTING
YOU NEED CONFIDENCE ON STAGE!		

HAVE YOU LEARNED IT	Action Words / Task
1. BUILD UP 'INTERNAL' CONFIDENCE	1. DEVELOP INTERNAL CONFIDENCE IN PREPARATION 2. MORE PRACTICING = MORE CONFIDENCE
2. BUILD UP 'EXTERNAL' CONFIDENCE	1. SHOW CONFIDENCE EXTERNALLY 2. BECOME AN ARTIST ON STAGE
3. EXPRESS BODY LANGUAGE & BE CONFIDENT ON STAGE	1. FEEL 'AT HOME' ON STAGE 2. OWN THE STAGE 3. PERFORM / EXPRESS / CONNECT

REMEMBER
THE DETAIL
THE ACTION
THE FEELING