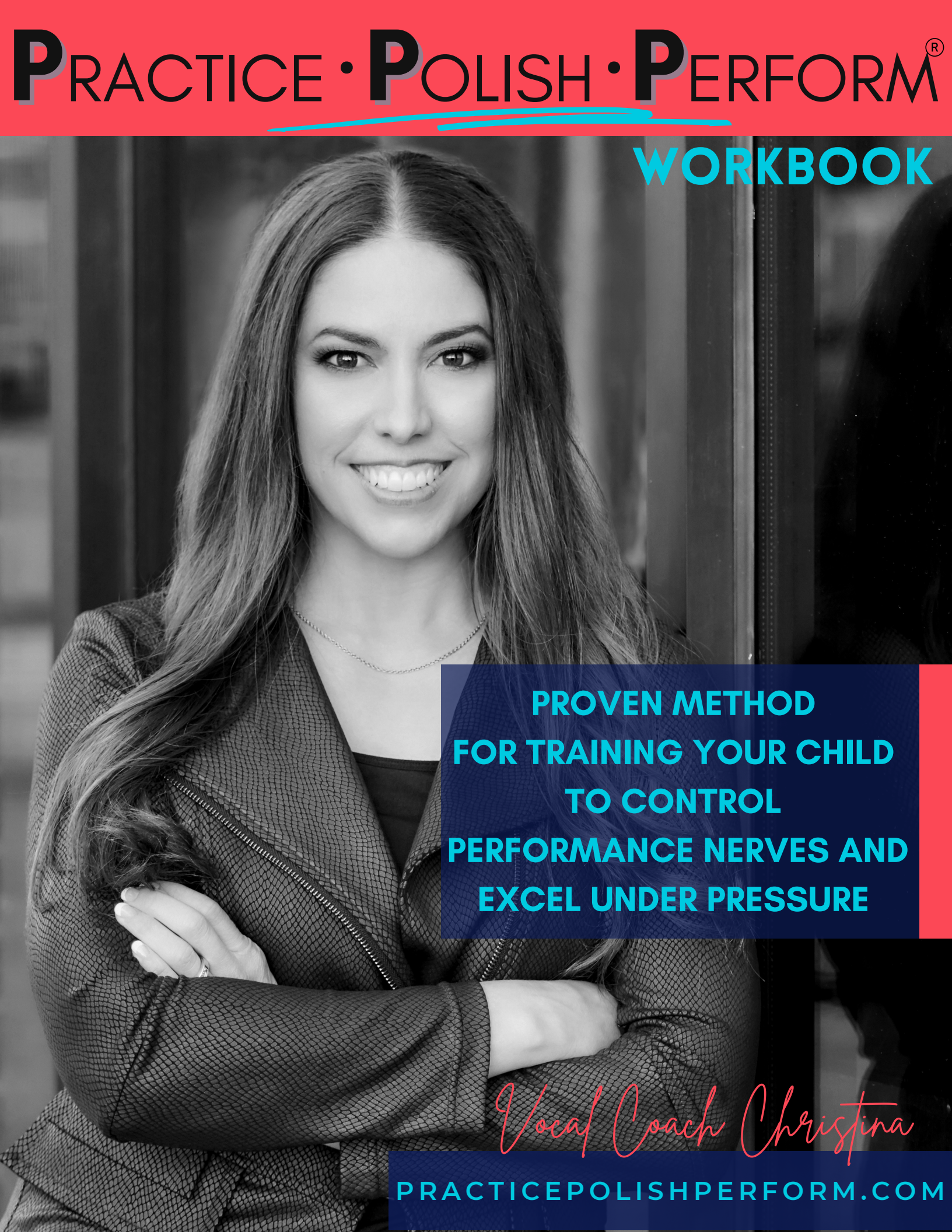


PRACTICE • POLISH • PERFORM[®]

WORKBOOK



**PROVEN METHOD
FOR TRAINING YOUR CHILD
TO CONTROL
PERFORMANCE NERVES AND
EXCEL UNDER PRESSURE**

Vocal Coach Christina

PRACTICEPOLISHPERFORM.COM

WELCOME

Hi There!

I'm a mom of four teenagers and I've been a Private Vocal Performance Coach for 23 years. I work with Singers, Actors and Speakers and I've noticed a huge hole in most performer's training. What is it?

Youth performers are not being trained *how* to perform under pressure. Most people believe you're either good under pressure or not. But, it is an actual skill that needs to be trained and practiced. The skill of Performing Under Pressure involves Mindset, Techniques and Simulated Performances.

Parents play a big role in this! That's why I'm so excited you are joining me for the PRACTICE-POLISH-PERFORM® Parent Workshop. It's also why I've developed an 8-Week Virtual Performing Arts Coaching program for Youth Performers that launched in Jan 2023!

I'm standing in the wings with you as you are learning how to help your child performer stand and succeed in their spotlight moments. It's always so much more than just a performance, let me show why!

"IT'S SO MUCH MORE THAN JUST A PERFORMANCE."

Vocal Coach Christina



P3 WORKSHOP CONTENTS

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**PERFORMANCE PRESSURE
MINDSET**

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**A TRAINING PLAN THAT
TACKLES THE STAGE FRIGHT**

BONUS DAY

**HOW TO PREPARE FOR
PERFORMANCE UNKNOWNNS**

DAY 1

PERFORMANCE PRESSURE MINDSET

Mindset Power Phrase:

I am the _____ of my thoughts.

Performance pressure is applied to your child's mind when they:
Anticipate the _____ they are standing "on stage," all eyes are on them
and there is _____ involved.

What do you think your child perceives is a "risk?"



Is the risk real? Yes or No

Your child's mind begins to feel pressure about the performance, due to the "risk."
This creates:

They have to do something with that pressure...which requires a _____.

The choice they make will set their mind = _____

This choice determines the _____ they will travel on as
they prepare to perform.

And this will determine the result of their performance.

DAY 1: PERFORMANCE PRESSURE MINDSET**Mindset Power Phrase:** _____

Teach your child: *You choose what "thought road" you drive on every time you think about your upcoming performance.*

Will you drive on _____ Road or _____ Road?

Positivity Road will help you arrive feeling confident and ready...

Negativity Road will help you arrive feeling fearful and concerned.

You're the Driver. The choice is up to you!

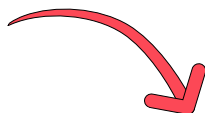
**PARENTS:**

Your child *can* have complete control of the **mindset** they step onto stage with.

Which determines their ability to use the skills and techniques (that you know they have) when they are performing.

So, a successful performance starts days, weeks, months **BEFORE** your child ever steps onto stage.

They are "driving" to their performance on one road or the other. It's their choice and it's a powerful choice.



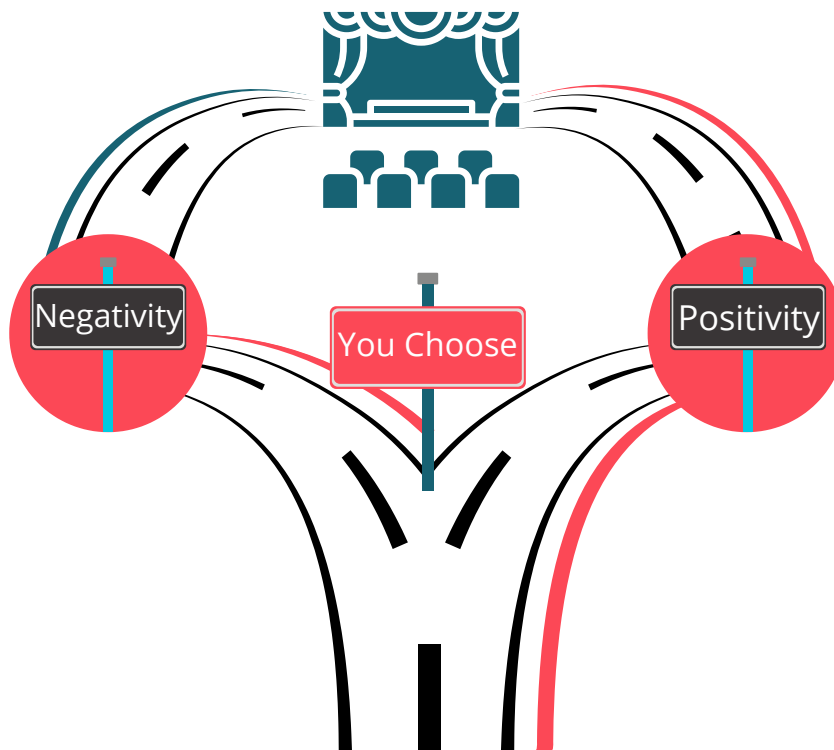
PERFORMANCE PRESSURE MINDSET CAN BE TRAINED!

DAY 1: PERFORMANCE PRESSURE MINDSET**TEACH YOUR CHILD:****Mindset Power Phrase:**

I am the _____ of my thoughts.



- ☒ *I can choose which thought road I drive on.*
- ☒ *I will arrive on stage with either a _____ Mindset or a _____ Mindset.*
- ☒ *My Mindset will affect my performance.*
- ☒ *My Mindset is always MY choice.*



DAY 2:

THE SECRET TO MEMORIZING A PERFORMANCE PIECE SONG

When nerves hit your child or teenager, simple mistakes can happen that will surprise you...and them.

Parts of the song or monologue that you thought were learned, might not be.

Why?

Because most performers don't know *how* to practice in a way that prepares them to perform when under: _____.

This requires a different type of practice and this is why I designed:
The P3 Method.

Performance Pressure shines a spotlight on your child's _____.

For example:



Memorizing the lyrics to a song or the lines to a monologue. You might think this is a strength and that your child has it memorized...but often it isn't.
Let me explain...

ENTER: AUTOPILOT MEMORY

Autopilot Memory is:

When nerves hit, *Autopilot Memory* can turn _____ without warning.

DAY 2: THE SECRET TO MEMORIZING A SONG OR MONOLOGUE

Why does Autopilot Memory turn off easily?

**NOTES:**

SO THE SECRET TO MEMORIZING A PERFORMANCE PIECE IS:

1.

2.

Your child CAN do this! They just need to know how:

ENTER STAGE RIGHT:
*The **P³METHOD** of memory™*

TEACH YOUR CHILD:

P³METHOD™1:

P³METHOD™2:

P³METHOD™3:

DAY 3:**THE SPLIT-SECOND DECISION THAT MAKES OR BREAKS A PERFORMANCE**

There is a moment that will set your child's entire performance or audition in the right or wrong direction.

WHEN does it happen?

FACT: It happens when _____

WHY does it happen?

FACT: It happens because of _____

WHAT is it?

FACT: It is a _____

WHAT do they do?

FACT: They make a _____

I CALL IT... 
"THE FACT MOMENT"



NOTES:

DAY 3: THE SPLIT-SECOND DECISION THAT MAKES OR BREAKS A PERFORMANCE**THE FACT:**

This sounds like it would be a simple choice, but it's not. It is very hard in the moment of Performance Pressure.

Think back to **Day 1** of our *P3 Parent Workshop*...when Performance Pressure is applied to your child's mind, they feel that a _____ is involved.

Think back to **Day 1** again...The _____ they feel is directly influenced by the _____ they chose to travel on as they approached their performance.

Think about what you just learned in **Day 3**...Now they are in the moment of performance and they have a split-second decision to make.



Why is it common for your child to make the wrong decision?

**NOTES:**

ENTER STAGE RIGHT:

The **P³METHOD** *of decision™*

TEACH YOUR CHILD:

DAY 4:

7 MISTAKES PARENTS MAKE THAT ADD PRESSURE TO THEIR CHILD'S PERFORMANCE

From one parent to another:

*I'm a mom of four and I know what it feels like to want to help your kids succeed! My children are all athletes and as I would watch them prepare for a sporting event, **everything within me wanted to pour out ALL my advice and do ALL I could to help them maximize their opportunity!***

I ended up learning that ALL my advice and ALL my help was not the best plan. You know, I'd never want my involvement with wanting the best for them and their sport to add pressure to them.

And yet...sometimes it did.

Over my 23 years of private vocal performance coaching, I have had the joy of also interacting with all the parents of the students I've taught. Which means, I watched some parents be over-involved and some be under-involved. I also witnessed how my students responded to their parents' involvement.

*Sometimes I was standing to the side as a parent immediately greeted their child after a performance...and **completely deflated their child's confidence, which also made future performances even harder.** Broke my heart.*

*Sometimes I was running sound checks before a performance and a student would tell me what activities they had done the day before, or the hours before. My coaching heart would sink because I knew that **this had greatly jeopardized their performance...and ALL the hard work (and finances) that had gone into it.***

*I have wonderful insight into this topic... so come **backstage with me** and I'll share with you **7 Common Mistakes** that Parents are consistently making that is adding pressure to their child performer...*



DAY 4: 7 MISTAKES...*Backstage* **MISTAKE 1:****WITH** Coach
Christina**NOTES:**

Backstage **MISTAKE 2:****WITH** Coach
Christina**NOTES:**

Backstage **MISTAKE 3:****WITH** Coach
Christina**NOTES:**

Backstage **MISTAKE 4:****WITH** Coach
Christina**NOTES:**

DAY 4: 7 MISTAKES...*Backstage* **MISTAKE 5:****WITH** Coach

Christina

**NOTES:***Backstage* **MISTAKE 6:****WITH** Coach

Christina

**NOTES:***Backstage* **MISTAKE 7:****WITH** Coach

Christina

**NOTES:***From one parent to another:*

Remember, just like you give your child space and grace to grow in their skills, give yourself that same space and grace. If you find that you are making any of these mistakes, don't feel bad. Feel empowered. Why? Because now you know and now you can work on taking action with your new level of understanding. As you hear me say often, "It's so much more than just a performance." We are all in a growth process!

Vocal Coach Christina

DAY 5:

A TRAINING PLAN THAT TACKLES THE STAGE FRIGHT

Youth are not being trained how to perform under pressure.

Most people believe you're either good under pressure or not. But, it is an actual skill that needs to be trained and practiced. The skill of Performing Under Pressure involves Mindset, Techniques and Simulated Performances.

Is it Stage Fright or Nerves?

STAGE FRIGHT:



NERVES:



Why is it important for you and your child to know the difference?



DAY 5: A TRAINING PLAN THAT TACKLES THE STAGE FRIGHT

PRACTICE-POLISH-PERFORM® was developed as a plan to help youth tackle both stage fright & nerves. When youth have a plan to deal with anything that troubles them, then they feel empowered. *The P3 Method* gives them a plan.

The P3 Method has 3 distinct action steps that are designed to target the 3 distinct pieces of Performance Pressure Mastery.

**USE THE 3 ACTION STEPS:**

P *ractice* **P** *olish* **P** *erform* To target the...

3 PIECES OF MASTERY:☒ **MINDSET**

☒ **TECHNIQUE**

☒ **PERFORMANCE**

PRACTICE • **P**OLISH • **P**ERFORM®

Now accepting P3 Members!

WWW.PRACTICEPOLISHPERFORM.COM

*Thank you
for joining me for the:*

5-DAY WORKSHOP FOR PARENTS OF PERFORMERS

PRACTICE • **P**OLISH • **P**ERFORM®

**A PROVEN METHOD FOR TRAINING YOUR CHILD TO
CONQUER NERVES AND EXCEL UNDER PRESSURE**

**"IT'S SO MUCH MORE THAN JUST A
PERFORMANCE."**

Vocal Coach Christina

THE P3 PARENT WORKSHOP



 Notes Space

[illegible]



BEHIND THE SCENES WITH YOU,
Vocal Coach Christina

