

Robin Spielberg

master class series



Overcoming Performance Anxiety The Keys to Giving an Uninhibited and Truthful Performance

Performance Anxiety, or Stage Fright is a common phenomenon experienced by both professional and amateur musicians, athletes, actors and speakers. Often embarrassment prevents performers from discussing the issues underlying their performance anxiety, or the issues may not be understood or even known.

While artists spend hours in classrooms and practice rooms honing their craft, this issue is rarely, if ever, addressed in the classroom environment. This not only results in the artist's suffering before and during a performance, but greatly diminishes the artist's opportunity to give his or her best performance.

Robin Spielberg, a founding member of the Atlantic Theater Company, incorporates techniques she learned and mastered under the direction of David Mamet, William H. Macy and fellow founding members ATC that greatly diminish, and in some cases, completely eliminate performance anxieties experienced by both students and professionals.

After identifying the underlying issues that create the physical, emotional and mental symptoms associated with P.A., Robin works with each individual, working to gradually take the artist's/performer's attention off him or herself, and on to the task at hand: the music. This three-step technique involves 1) music analysis, 2) musical intention, and 3) a creative approach utilizing the performer's life experience to execute music with truthfulness.

The result is an uninhibited, relaxed performance that keeps the artist focused, calm, and ultimately, anxiety free. Music begins to flow and better musical expression is achieved.

Length: 60,90, or 120 minutes depending on number of participants

Auditors who do not perform in class will also benefit; auditors are encouraged to attend

Requirements: Performance grade piano. Non-pianists invited to bring their instruments. Vocalists welcome to participate.

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