



Robin Spielberg

master class series

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

Performance anxiety, sometimes called *stage fright*, is a common phenomenon experienced by professional and amateur musicians, athletes, actors and speakers. Embarrassment often prevents performers from discussing or identifying the issues causing their anxiety. While artists spend years in classrooms and practice rooms honing their skills, performance anxiety is rarely, if ever, addressed. This lack of attention to a very common problem can lead to unnecessary suffering before and during a concert—diminishing the artist's opportunity to give his or her best performance.

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

After identifying the underlying issues that bring on the physical, emotional and mental symptoms associated with P.A., Robin works with each individual, gradually taking the performer's attention off him or herself, and placing it on 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. By eliminating anxiety, the music begins to flow, revealing the intent of the artist's creative expression.

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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