



NAVIGATING PERFORMANCE ANXIETY & PERFECTIONISM

With Babette Lightner and The Lightner Method

Saturday, February 18th 2017 — 10:00 am to 12:30 pm

This workshop gives you tools to escape the trap of nervousness, self-judgement and fear.

- Imagine being truly liberated from performance anxiety and judgement.
- Imagine performing with confidence – just being who you are.

As you learn about your beautifully designed response system you will gain a resource to navigate your life toward ease and joy and away from interfering fear and worry. This workshop is useful for anyone who works with performers.



LOCATION:

For more information on Babette Lightner and The Lightner Method: www.lightnermethod.com



“I’m 21 years old and pursuing a degree in music education. Attending the class on Performance Anxiety helped me understand why I experienced paralysis every time I sang a solo. Her class helped change my mental focus and the default habits my body had come to practice. Now I am a more fulfilled singer and teacher.” Niccole Whitefield

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Contact:
Sara Skelton
email: Sara.Skelton@vcc.edu
Telephone: