

Strategies for Coping with Performance Anxiety

with

GAIL BERENSON

President, Music Teachers National Association

Thursday, February 28

10:30am - 11:45am

Grand Tier III

This session will address the issue of performance anxiety, presenting a variety of options, enabling the teacher and/or the performer to determine which combination of approaches might be most helpful.



Techniques:

Breathing
Muscle relaxation
Cognitive thinking
Imagery
Desensitization
Medical advances
Practical advice



MUSIC 300 CREDIT

