

2-DAY WORKSHOP SCHEDULE



You know you can do it, but something keeps you from bringing the best version of your stuff when it matters most.

It's time to change the way you approach

PERFORMANCE

Fearless Performance can teach you how to:

- Set goals and train optimally for your Performance
- Feel a sense of calm eagerness backstage
- Walk onstage ready to share your Performance and to connect to your audience
- Consistently execute your highest quality Performances
- Habitually celebrate having performed, receive compliments well, and take note of some good Performance moments (there ALWAYS are some!)
- Constructively examine your Performance moments and make a great plan for your next Performance

With Fearless Performance you can consistently make your best better and learn to perform your best when it matters most.

Welcome to Fearless Performance The 2-Day Workshop

SCHEDULE Day 1

9am – 10am **Sign-in**

10am - 11am

Introduction to Fearless Performance

Introduction Performances/Lecture/Discussion

- Performance Experience seeing where we're starting Everyone introduces themselves
- Jeff's fears and why Fearless Performance exists.
- Our 2-Day Structure

The 5 things that, if executed well, will have you fearlessly performing and being your best, and ultimately living your dreams, guaranteed!

11am - 12pm

Sharing Your Fearless Performance

Lecture/Demonstration/Discussion

- We learn best through experience "How do I practice performing?"
 - "The Magic Line Performance Method"
- Jeff does a "Magic Line Performance" (MLP)
- Talks you through why "MLP's" work

Additional information and materials for parents on why your child should do "MLP's"

• Talks you through how "MLP's" work

Additional information and materials for parents on how your child can best do "MLP's" to learn the most they can

· A few volunteers are taken through the method

The Scariest Thing EVER done after performing: Strength Collecting! - Saying something positive about what you've just performed.

12pm-12:30pm

Performance Experience Magic Line Performance #1

• Everyone meets their assigned performance peer

Each person does a Magic Line Performance for their peer

12:30pm - 1:30pm

Why do we fear?

Lecture/Discussion

- We discuss what you discovered in your first Magic Line Performance
 Large group discussion, guided by Jeff, about what things just
 got in the way of performing your best in your "Magic Line
 Performance"
- "How can I choose better in performance?"

 Proven solutions and how to work with them
- You make your own personal "Inspirational Sheet" for your next MLP

1:30pm - 3:00pm

Lunch

Walk/Talk/Bite/Chew/Drink/Talk more/Laugh/Walk

3:00pm - 3:30pm

Performance Experience Magic Line Performance #2

• Everyone meets up with their newly assigned performance peer Magic Line Performance this time with your Inspirational Sheets

3:30pm - 5:00pm

Building Your Fearless Performance

Lecture/Discussion

• Your Work (And ultimately your 4 Solutions to Fear)

Diligence - Care Intelligence - Know Management - Balance Courage - Act

5:00pm - 5:15pm

Break

Ahhhh...

"My favorite experience at fearless camp was being too busy to practice, and yet with each day's discussions and tools, I noticed that I gave the best performances I'd ever given! It blew my mind, and totally sold me on the Fearless Performance method. Do yourself a favor and check it out." - Audrey Goode - Toronto Symphony, Second Horn

5:15pm - 6:00pm

On Deck Strategies

• "What do I do right before I walk into my performance arena?"

Step-by-step process once you're at the "30-minutes-to-go" point A few volunteers are taken through the "On Deck" experience

• FAQ's and any other "Performance Specific Topics"

What to eat

Approaches to practicing

Your routine

Technology tools that help

6:00pm - 7:30pm

Dinner

Mmmmm...

7:30pm - 8:30pm

Concert

Music, Magic and More! - Performances shared! **Jeff and Workshop participants perform!**

SCHEDULE Day 2

10am - 11am

Review of Day 1- What have we learned so far!?

Discussion

· What works?

Why does it work?

What are we going to do more of in our lives?

Make a Dream Sheet

Dreams, Goals, Projects, Tasks

• Preview of Day 2's Magic

11:00am - 11:30am

What's Your Story?

Lecture/Exercise

Making Stories

Jeff's story-making process

Audiences want to hear stories

• Everyone creates "Seques" for each piece they're performing

11:30am - 12:00pm

Performance Experience Magic Line Performance #3

• Everyone meets up with another newly assigned performance peer

Magic Line Performance this time with your Inspirational Sheets, On Deck Strategies and Segues focus on storytelling.

• Crossing the MAGIC Line - "It's a MAGIC Line!!"

Telling your audience YOUR musical stories

12:00pm - 2:00pm

Lunch

2:00pm - 3:00pm

The 3 Fearless Performance Mantras

Lecture/Discussion

• The Process, Products, and Purpose of:

Learn Love Well Let Go

3:00pm - 3:30pm

How can I evolve my stories?

Vocabulary building for strength collecting and storytelling
 Everyone makes new segues with evolved descriptions of goals

3:30pm - 4:30pm

Performance Experience Magic Line Performance #4

• Everyone tells us a short story and strength collects afterwards Story games!

You have to use some of your new descriptive words and feelings

4:30pm - 4:45pm

Break

4:45pm - 6:00pm

Fearless Performance Lifestyle

Lecture/Discussion

 \bullet Living fearlessly, and bringing that across your magic line every time

"A person's music can never be any more or less than the person they are." - Quincy Jones

• Architecting your life, inspired through choice

Priorities and Plans for you from now until your next performances happen

Living a musician's life

How much do you want it?

Being an expert

Plan your work.

Work your plan.

Helping others help you

Your friends, your family!

- And how you'll celebrate when you finish!
- Your Big Picture

How will you create contribution to the planet?

6:00pm - 7:00pm

We did it!

· ...and we can DO THIS!!!

Go around the room and speak about:

What we learned

What we're excited about continuing to do

How we're going to stay fearless!