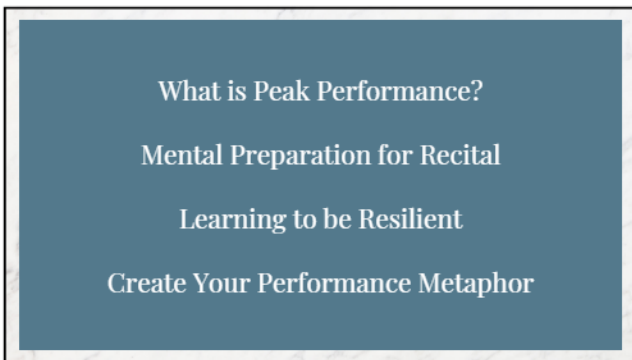




Take Control of Your Performance Day Mindset

1



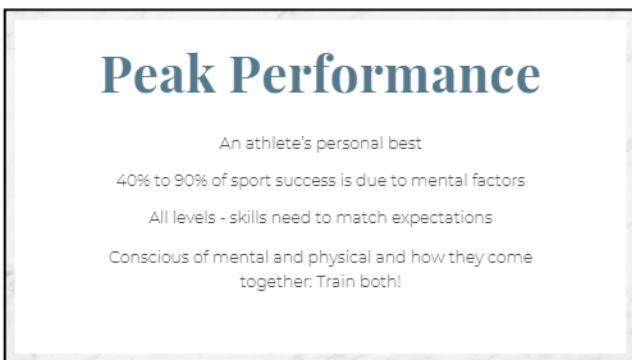
What is Peak Performance?

Mental Preparation for Recital

Learning to be Resilient

Create Your Performance Metaphor

2



Peak Performance

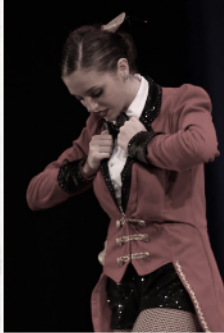
An athlete's personal best

40% to 90% of sport success is due to mental factors

All levels - skills need to match expectations

Conscious of mental and physical and how they come together. Train both!

3



Reflection

- Think about a time when you had your best performance. What were you feeling? What were you thinking about? How did your body feel?
- Then think back to a time when you performed poorly. How were you feeling, what were you thinking and how did your body feel?

4

Peak Performance Feels like...

- Total immersion in the activity
- Narrow focus of attention on the present
- Feeling in control
- Fun and rewarding
- Feeling performance was automatic and effortless
- Control over emotion, thoughts, and arousal
- Highly self-confident
- Physically and mentally relaxed
- Highly energized

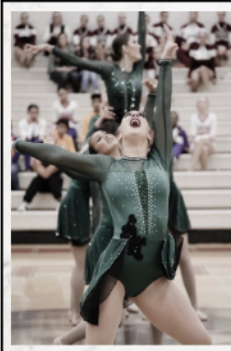
5

Flow

- "The state in which people are so involved in an activity that nothing else seems to matter" (Csikszentmihalyi, 1990).



6



Clutch

"Any performance increment or superior performance that occurs under pressure situations." (Otten, 2009)

7

Clutch
Make it Happen

vs.

Flow
Let it Happen

8

Mental Preparation

- Create Specific Warmup Plan
- Practice the Plan
- Know What to Expect
- Mimic Nerves
- Practice Breathing or Awareness

9



Breath Control

- Breathe in for 6
- Hold for 2
- Breathe out for 8
- Repeat 4 times



10

Learning to Be Resilient: 6 R's of Awareness

- Recognize
- Release
- Regroup
- Refocus
- Ready
- Respond



11



Create Your Performance Metaphor:

- Develop a metaphor that represents what you're like as a dancer. Pick one routine, or style, or even one move and think about what they feel like. Then consider what symbolizes those movements.
- Choose an image to represent that movement. It can be an animal, something in nature, a machine, anything that feels right. It should remind you of what it feels like to perform really well.

12



Create Your Performance Metaphor:

- Develop a metaphor that represents what you're like as a studio owner and how you want to show up during recital. Think about what that feels like. Then consider what symbolizes that presence.
- Choose an image to represent that presence. It can be an animal, something in nature, a machine, anything that feels right. It should remind you of what it feels like to perform really well.

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*The difference between your best
performance and your worst
performance is your mental
performance.*

Dr. Jim Afremow

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