

## **HOW TO MANAGE THE STAGE**

**practical guide for artists who want to improve their study method and perform at 100% of their ability.**

### **Interactive conference**

What is stage fright and what is its role in live performances. A shared itinerary in search of the conditions that affect performances. Sharing of the most common solutions adopted and presentation of an original study method developed on the speaker's personal experience as a concert performer, aimed at improving self-esteem and confidence on stage. Techniques of memorization, visualization, anticipation of stress, approach to the musical text and preparation for the concert will be presented, aimed at instilling a deep knowledge of one's own abilities, thus decreasing the unknowns, progressively improving the level of performance of each performance.

### **Masterclass**

Through individual lessons, open to all students, put into practice specific study methods aimed at solving problems of technical, mnemonic and executive insecurity individualized for each student. We will work on the specific repertoire of interest of each individual participant.