

WORKING WITH PERFORMANCE ANXIETY

SATURDAY, FEBRUARY 3RD
10:30 AM

- *Struggle with performing in public?*
Join us for a clinic hosted by Michelle Jamieson! She will present how the mind can help you work with anxiety and fear, and lay the groundwork for new ways to approach performance.
- Michelle's training can help through:
 - Developing self-regulation skills
 - Increasing focus and attention
 - Relaxing the mind and body
 - Reducing stress and anxiety

