

FROM STAGE FRIGHT TO STAGE PRESENCE

By Viola Koopman



**LET GO OF
FEAR,
PLAY WITH
PRESENCE**

WORKSHOP FOR STRING PLAYERS

- Build your own pre-performance routine
- Learn how to deal with nerves
- Train your performance mindset

**JOIN US AND
IMPROVE!**

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By: Viola Koopman – violist, teacher, performer

Many talented musicians experience performance anxiety but often lack the tools to effectively manage it. *From Stage Fright to Stage Presence* is a workshop designed for string players who want to build confidence and perform with more freedom, focus, and enjoyment.

The workshops are interactive, research-based, and designed to the needs of young and professional musicians. Participants will explore how to prepare mentally and physically for performances, how to develop a personal pre-performance routine, and how to deal with nerves in a healthy and constructive way.

The session combines:

- Insights from interviews with professional musicians
- Techniques from performance psychology
- Practical tools like focus training, reflection, and specially designed exercises and breathing techniques
- A safe, encouraging space for sharing and trying things out

By the end of the workshop, each participant will have built their own pre-performance routine which will be a personalized set of tools to approach the stage with more trust and presence.

This project is suitable for conservatories, music schools, youth orchestras, and chamber music programs.