



Sing self-confident - PEVOC download

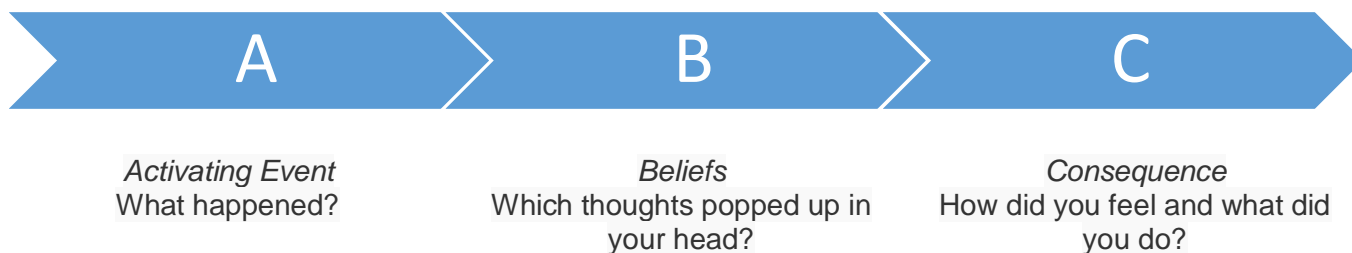
Holistic approach : psychology, vocal coaching and speech therapy

By Cordula Klein Goldewijk and Hanneke Bax

Thanks for downloading this practical worksheet after visiting our workshop ‘Sing self-confident’ on Pevoc 2015 in Florence! In this document you will find a few models and exercises that were demonstrated during the workshop.

We wish you good luck with using the ‘Sing self-confident’ approach for singers with stage fright.

Cognitive Behavioral Therapy – basic model



Mindfulness – basic principles (source: mindful.org)



www.zingzeker.nl

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Maclean's Triune Brainmodel

Neocortex: Human Brain

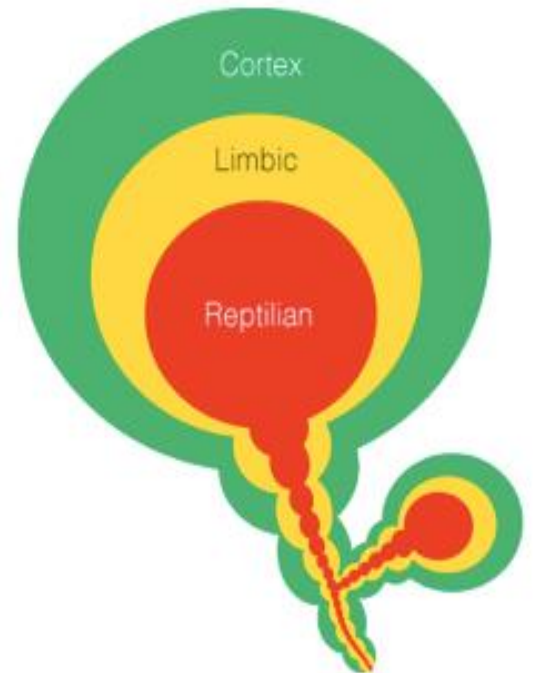
- Only 5% influence on behaviour.
- Logic, ratio, thought, planning, language

Limbic system: Mammal brain

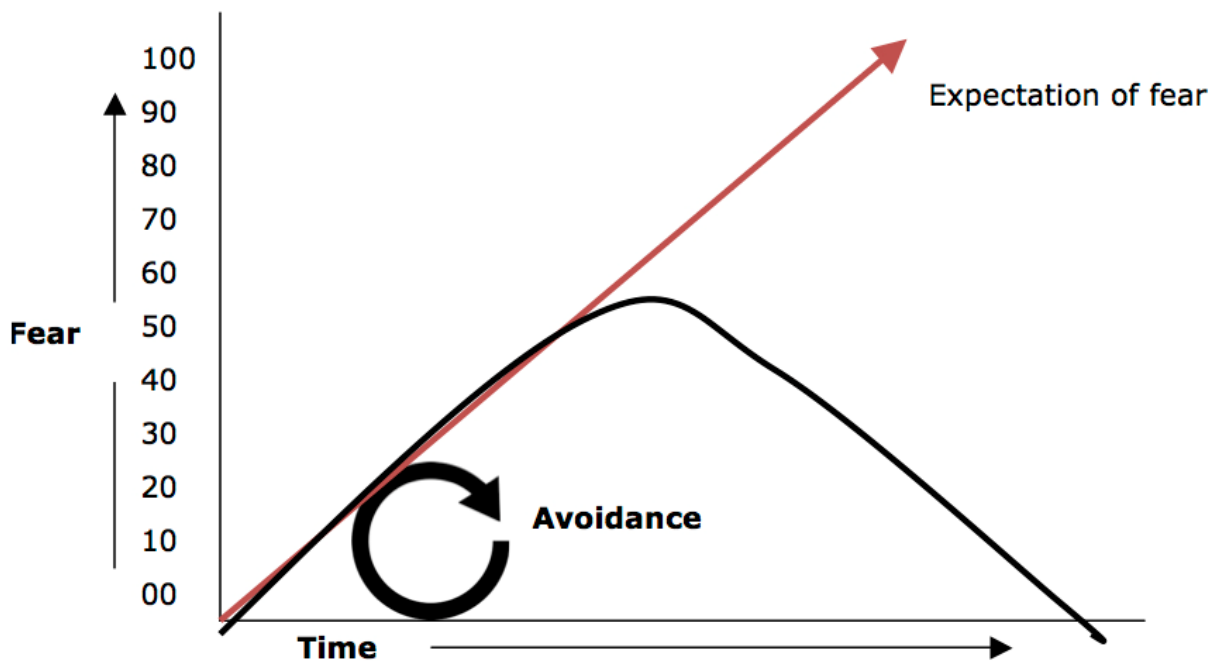
- Emotions
- Connecting to others: relationship to audience
- Autonomy: Freedom of choice in sound
- Security: knowing your technique

Brainstem: Reptile Brain

- Fight / flight / freeze
- Automatic behaviour



Curve of Fear



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