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How to mentally
prepare for an audition?

How do you **feel**
when you hear the
word **audition**?

Close your eyes and imagine the
situation of an audition?

How does it make you feel?



TYPES OF AUDITION

Private...company class

Open audition/casting

Online audition

What are the different challenges
in the various scenarios?



POSITIVE FEELINGS?

How do those challenges make you feel?

How much value do we place on an audition

Positive feelings	Negative feelings
It is chance	They won't take me
I can show myself to the best of my ability	I am not good enough
It may be the right place	Every one is looking at me
It may not, but then I will know	No one is looking at me
I am just going to be the best me I can be	I may be cut after the barre
Being a good dancer is not just about one step	I messed up that step they won't take me now
	Every one is better than me

How does our mind set influence us?



Those negative feeling



What happens and how does it affect my dancing?



How can we continue to feel in control when we are in a situation in which many things are out of our control?



Empowerment

How does our mind set influence us?



Those negative feeling



What happens and how does it affect my dancing? What do you think the viewer perceives?



How can we continue to feel in control when we are in a situation in which many things are out of our control?

Presenting myself or honestly being in the moment and using it as an experience for myself.



Empowerment - curiosity, self focus, pleasure...just such a big deal.



Why do you dance?

Understanding motivational processes

Motivation: a question of **why**

Why do you dance?

- **Intrinsic motivation:** because I love to move, I need to express myself, I love music, the constant challenge is fun, I learn new things (internal reasons)
- **Extrinsic motivation:** because I want to be successful, I want to be cast, I want to please the ballet master (external reasons/force)
- **Amotivation:** I don't know why I dance

INTRINSIC MOTIVATION

BASIC PSYCHOLOGICAL NEEDS

AUTONOMY - A sense of choice over what you say or do

COMPETENCE – Knowing that you are capable of success

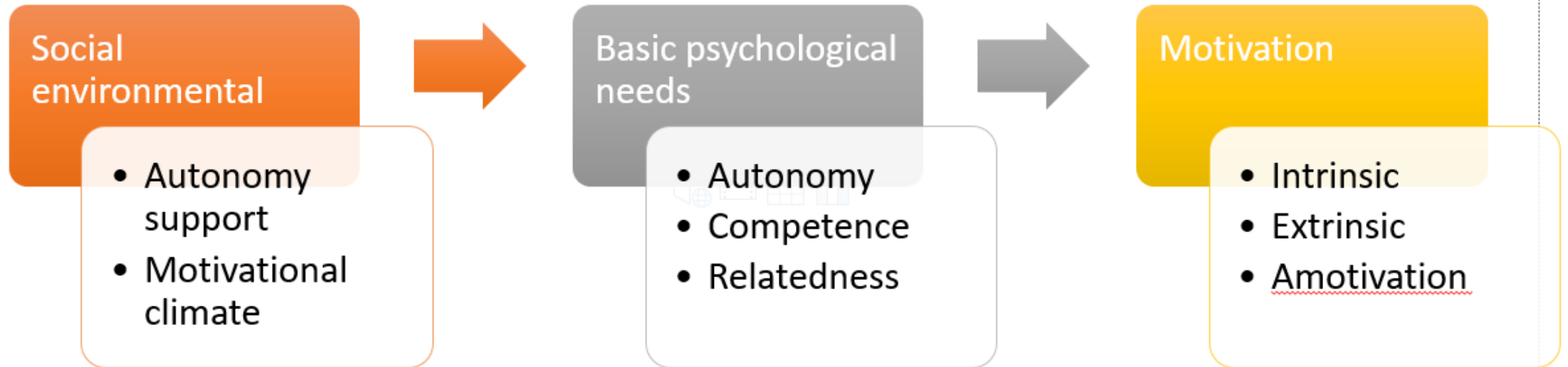
RELATEDNESS – A need to feel connected to others in a social environment

You might lose your sense of

- **AUTONOMY**- If you feel you have no control of a situation, or over why or what you are doing
- **COMPETENCE**- You struggle to continue when things are not going well
- **RELATEDNESS**- If you do not feel connected with others you may not enjoy what you are doing



What factors influence our motivation?



How can you feel more autonomy?

- Do you **want to be** in the audition?
- Do you **want to be** working for the company?
- They may have the power to choose and there are factors over which you have no control, but you too can ask yourself...**do I wish** to work for you?
- What am **I going to take with me** from this opportunity?

Goal orientation

Mastery oriented

Performance
oriented

What is a mastery oriented dancer?

- Judging your competence according to your own personal progression
- To you success and competence mean improving in relation to your previous performances
- You have more intrinsic motivation- you are motivated by learning...lifelong progression



What is a performance orientated dancer?

- You judge your performance in relation to others.
- Success and skill means outdoing others, getting the most recognition.



Mastery orientation

- Feeling in control of your progress
- Effort levels higher...greater confidence...more persistent.

Performance orientation

- If you feel you are the best you feel confident
- but if you are not the best you lack confidence...you are dependent....



Consider why you make judgements about your abilities

Is it based on **your own** progress or on **comparisons** with other dancers ?



2 Kinds of perfectionism

Perfectionistic striving

Perfectionistic control

If you have perfectionistic striving?

- you have goals and set high goals
 - work hard
 - dedicated and focused
 - often very organised and tidy
-
- The border line is fine
 - Your goals may be so high that they become unrealistic
 - You work so hard that your effort develops into rigidity
 - You are dedicated and focused (come early to class, stay on after) – can take over your life.

Perfectionistic control

You may worry that you are not good enough, could have done better, may fall over

This can- causes stress, can impair concentration and make it harder to sleep

You may suffer from elevated stress levels

worries and concerns to the point of not trying something out

Other people's views are really important

While perfectionism is a personality characteristic that may energise heightened achievement

striving and lead to considerable success, it may also elicit a range of **maladaptive processes**

which undermine motivation, impair performance and contribute to psychological distress

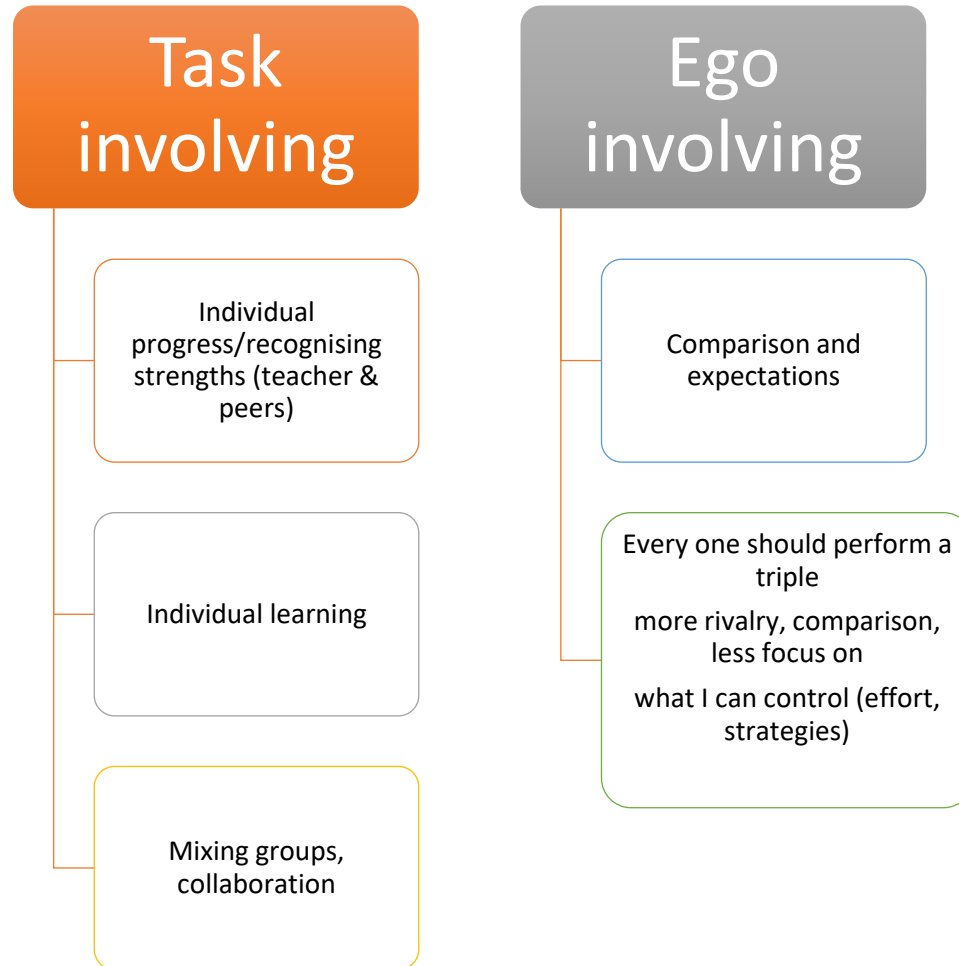
Howard K. Hall & Andrew P. Hill (2012)

Perfectionism and Dance

- Environment
- Research tends to be based on ballet or contemporary
- Trying to meet an ideal – trying to be perfect/ black and white thinking
- High expectations nurtures perfectionism
- Teaching styles – link between the environment that a teacher creates as well as characteristics of the student.
- Self selection



How does the Motivational Climate affect perfectionism





When climate is strongly ego involving- can encourage greater levels of perfectionism.



The research; Sanna Nordin Bates

- <https://podtail.com/de/podcast/scidance/1-perfectionism-with-sanna-nordin-bates/>

Signs of perfectionistic control

Early signs

- Frequent signs of dissatisfaction
- Worries, feelings of not being good enough - elevated stress levels
- Heightened stress
- Performance anxiety
- A predictor of disordered eating
- Anxiety
- Obsessive compulsion disorder
- Depression
- Burn out



Strategies to cope with anxiety

- Deep breathing
- Warm up
- Progressive muscular relaxation
- Mental rehearsal
- Positive self-talk
- Pre- performance routine



Performance anxiety

Perceived imbalance between the demands and the abilities to meet those demands

- **Cognitive anxiety**

Negative thoughts, worries, self-criticism, negative images

- **Somatic anxiety**

Stiff-shaky muscles, Butterflies in the stomach, increased heart rate

Feeling anxious before a show is negative or positive?





The way in which you perceive you your anxiety is important and can have an impact on its intensity and its effects

Self talk

Inner voice

➤ **Facilitative – positive**

- Instructional
- motivational

➤ **Debilitative – negative** – increased tension and stress levels hinder performance and physical & mental wellbeing



Strategies

- Thought logging
- Reframe **negative to positive & proactive**

Similar to goal setting, self-talk should be **realistic** and **specific**



Breathe and relax

- Different breathing and relaxation techniques will help you to boost your immune system and to release stress
- Deep breathing reduces the heart rate and helps us to focus

Inhale for a slow count of 5 and exhale for a slow count of 6. Try to breathe in the lower belly rather than the ribs

You can add imagery to your breathing:

Breathe in space, light, relaxation and breathe out tension, anxiety, heaviness

For more examples and info:

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>



Self awareness

- Knowing yourself... a gradual process of knowing all about you, developed for a lifetime of growth and learning...
- Knowing also your weaknesses



Self esteem

- How you feel about yourself and your abilities
- Believing in yourself and your abilities...can be high or whittled away....climate of comparison- perfectionism



Dancing and the Self

- **Self-concept...**

- A set of stable beliefs about your personal qualities and characteristics
- How you describe who you are and what characteristics define you

Take a moment and write it down



Self confidence

- A set of beliefs about self worth and confidence. How capable you feel about achieving something how you appraise yourself
- How you and others percieve yourself





Self efficacy

➤ Is the belief that you are able to accomplish a specific task successfully

If you believe that you can execute a complex new movement sequence, then you will have a positive frame of mind to keep practicing



Self compassion

- Involves being kind to yourself, forgiving yourself, and not being too critical
- Having self compassion can help you to bounce back emotionally from negative experiences and become more resilient to the effects of stress

Reflective question

- Imagine an audition situation
- with your normal habitual thinking - identify some thought that are not beneficial
- Then apply some of the strategies that you have heard about today
- Write and constructively alter them to improve them.

Any questions???

Thank you,

Toi toi toi, Good luck, Bonne Chance....

