



VOICE TEACHING AND PERFORMANCE ANXIETY COACHING

Announces

**A Series of Workshops on Overcoming
PERFORMANCE ANXIETY**

Who: Adults, College and High School age singers

Where: Chapel of Worthington Presbyterian Church
773 High Street, Worthington, OH

When: Saturdays from 12 noon to 1:30 p.m.

July 18th, July 25th, August 1st, August 8th

Cost: \$20/session, or \$60 for all four

Each workshop includes performances, guided relaxation or visualization, and lecture on preparation methods and strategies for coping with anxiety. The focus areas are: July 18th - mental preparation; July 25th - performance preparation; August 1st - physical preparation and August 8th - problem solving.

Participants are encouraged to commit to all four sessions (at a discount) and urged to register early, as space is limited. Contact Sharon at sharonstohrer@mail.com or complete the tear-off below. Registration is due the Wednesday prior to each session.

Sharon has offered workshops on overcoming performance anxiety for many organizations, including Cincinnati College-Conservatory of Music; New York University; Capital University; Keene State College in New Hampshire; and the National Association of Teachers of Singing (NATS) 2008 National Conference. As a singer who has gone from paralyzing stage fright to helping others break free, Sharon has unique insights into the process and plenty of hands-on solutions to offer. Please visit her website, www.sharonstohrer.com for more information.

Name _____ Phone _____

Email _____

Registering for _____ All four sessions (\$60)
_____ July 18th (\$20) _____ July 25th (\$20)
_____ August 1st (\$20) _____ August 8th (\$20)

Amount Enclosed: _____ (payable to Sharon L. Stohrer)

Mail to: Sharon L. Stohrer 536 Sand Broad Court Westerville, OH 43081