

Learning from Performing

Performance is the place that I find out most about how much more I have to learn. For me when I do my debriefing i.e. mull over my performance, it is as if I have a little camera inside my brain that has been taking snap shots of certain important moments, good and bad, during the performance. I look at these pictures carefully as they come to mind and I try to make sense of why they have lodged in my memory. I need to sort them in a helpful order, so as soon as possible after the event, I sit with my music and have a little think.

The bad moments are usually first to come to mind and I decide whether it was bad luck in the moment or bad technique and try to solve the problem if it was the latter. Was I expecting it not to work or was it a surprise?

Be honest with yourself and look at the moments without prejudice.

Now relive the good moments and see how much you have improved since last time.

The moments that really moved my audience are important to me so I try to get a glimpse of what made them special.

Now relate all the feed back you have taken on board from outside sources and see if there is a dialogue between feedback and snapshots that makes sense. Try to use all this to improve your next performance.

You only have yourself when you are out there performing so be as kind and generous to yourself as you are to your audience and make sure that you are properly prepared in the ways I have suggested and then you will avoid disappointment from many sides. You should now have a realistic idea of what it is possible for you to achieve and that which is merely a vain pipe dream. The performance does not lie.

In Bocca al Lupo.