

Confidence for Dancers

October 6th 2025

Definitions:

Confidence: A dancer's belief in their ability to perform successfully, both in practice and on stage. Confidence helps a dancer take risks with movement, trust their technique, and project presence to the audience.

Self-efficacy: A dancer's perception of their own capacity to learn, master, and execute specific dance skills or choreography. High self-efficacy means believing "I can do this step or routine if I practice," which influences persistence and performance quality.

Motivation: The internal and external drive that fuels a dancer to train, rehearse, and perform. This may stem from passion for the art form (intrinsic motivation) or from goals such as recognition, competition results, or professional opportunities (extrinsic motivation).

Commitment: A dancer's dedication to consistent practice, rehearsal, and performance, even when faced with challenges. Commitment reflects the long-term willingness to invest time, effort, and energy into growth and artistry.

Now let's connect these ideas...

1. Self-Efficacy → Confidence

- When a dancer believes they *can* learn a new move (self-efficacy), successful practice reinforces that belief. Over time, this builds broader confidence in their ability to perform under pressure.

2. Confidence → Motivation

- Confidence makes dancers more willing to take risks, try challenging choreography, and step on stage with presence. This positive feedback increases motivation — they want to train more because they trust in their growth.

3. Motivation → Commitment

- Motivation fuels the energy and desire to practice. But motivation can fluctuate (some days dancers feel inspired, some days tired). Commitment keeps them consistent, showing up even when motivation dips.

4. Commitment Sustains Growth



- Long-term commitment allows dancers to accumulate skills, refine artistry, and face setbacks without giving up. As they progress, their successes feed back into self-efficacy, confidence, and motivation — creating a reinforcing cycle.

In short:

- **Self-efficacy** builds **confidence** →
- **Confidence** enhances **motivation** →
- **Motivation** drives **commitment** →
- **Commitment** sustains practice and growth, which circles back to strengthen self-efficacy.

What does this look like in practice...

Self-Efficacy: Belief: *“I can learn to do a triple pirouette.”*

Confidence: Performing that pirouette on stage and in class regularly.

Motivation: Feeling inspired to push harder and master more (working on other turns/jumps).

Commitment: Showing up to class and rehearsals consistently.

So how can we build confidence and self-efficacy?

4 Ps of Confidence :

Preparation

Preparation is about more than just showing up—it’s a commitment to readiness in both body and mind.

- **Physical and mental prep:** Make sure your body is warmed up, conditioned, and ready to move safely, but don’t neglect mental preparation. Visualization, focus exercises, or setting an intention for class or rehearsal can make a huge difference.
- **Problem-solving:** Dance is constantly presenting challenges—whether it’s a tricky step, choreography, or coordinating timing. Being prepared means thinking ahead about how to tackle these challenges, breaking them down into manageable pieces, and experimenting until it clicks.
- **Being open and willing:** Preparation is also about mindset. You can be physically ready but closed off mentally. Show up with curiosity, humility, and a willingness to try new things. Openness allows growth and keeps the learning process fluid.

Passion



Passion is the energy that fuels your growth and keeps you connected to dance on a deeper level.

- **Enjoy the music and movement:** Don't just aim for technical perfection; let yourself experience the joy of dancing. Music and movement are expressive tools—feel them, respond to them, and let your body reflect your emotional connection.
- **Bringing expression into class and rehearsal:** Expression isn't only for the stage. Allow yourself to be present in every exercise, combination, or drill. Your performance skills develop when your artistry is practiced consistently, not just during shows.
- **Remembering why you love dance:** Especially on tough days, reconnect with your “why.” Whether it's the freedom, the challenge, the music, or the community, keeping that love at the forefront motivates perseverance and makes hard work meaningful.

Persistence

Persistence is what separates fleeting effort from lasting progress.

- **Not quitting after mistakes:** Mistakes aren't failures—they're feedback. When corrected, absorb it and immediately try again, reinforcing learning.
- **Coming back the next day:** Growth isn't linear. What felt impossible yesterday may feel easier today. Returning with dedication shows resilience and a long-term commitment to improvement.
- **Accepting slow progress:** Mastery doesn't happen overnight. Celebrate incremental gains, understanding that each small win compounds into substantial progress over time. Patience is a dancer's superpower.
 - Mastery curve



Past Experience



Experience acts like a reservoir of confidence and knowledge, shaping how you approach challenges.

- **Making deposits into the confidence bank:** Every successful execution, every well-learned combination, and every positive performance is a deposit of confidence.
- **Drawing on that experience:** During difficult moments, you can “withdraw” from these experiences to remind yourself of your capabilities, resilience, and growth. This helps you handle pressure, adapt to new situations, and maintain self-belief when challenges arise.



Confidence Bank

Achievement Log

List your five greatest dance achievements...

1.

2.

3.

4.

5.

My Strengths

***Think:* How does each strength contribute to your success during a performance?**

-What do you have control over?

•

•

•

•



<u>Performance Situations</u>	<u>What did it look like and feel like when it went well?</u>
When I performed well:	
Positive comments about my performance from someone or myself:	
When I overcame a challenge in order to perform well.	
A time when I managed my emotional energy well:	



Cue Word

One word that means something to you that emulates the success,
feelings, and emotions discussed above
