

Mental Skills

for dancers



Persistence
PERFORMANCE GROUP

*Classic***DANCE**
ACADEMY



Professional
Ballet Program

Where Potential Meets Mentorship

Train Your Mind for Performance

MENTAL SKILLS TRAINING HELPS DANCERS LEARN HOW TO:

- Handle nerves
- Build confidence
- Stay focused
- Recover from mistakes
- Keep going through challenges

TRUE OR FALSE?

MENTAL SKILLS ARE SKILLS YOU CAN PRACTICE, JUST LIKE TECHNIQUE.



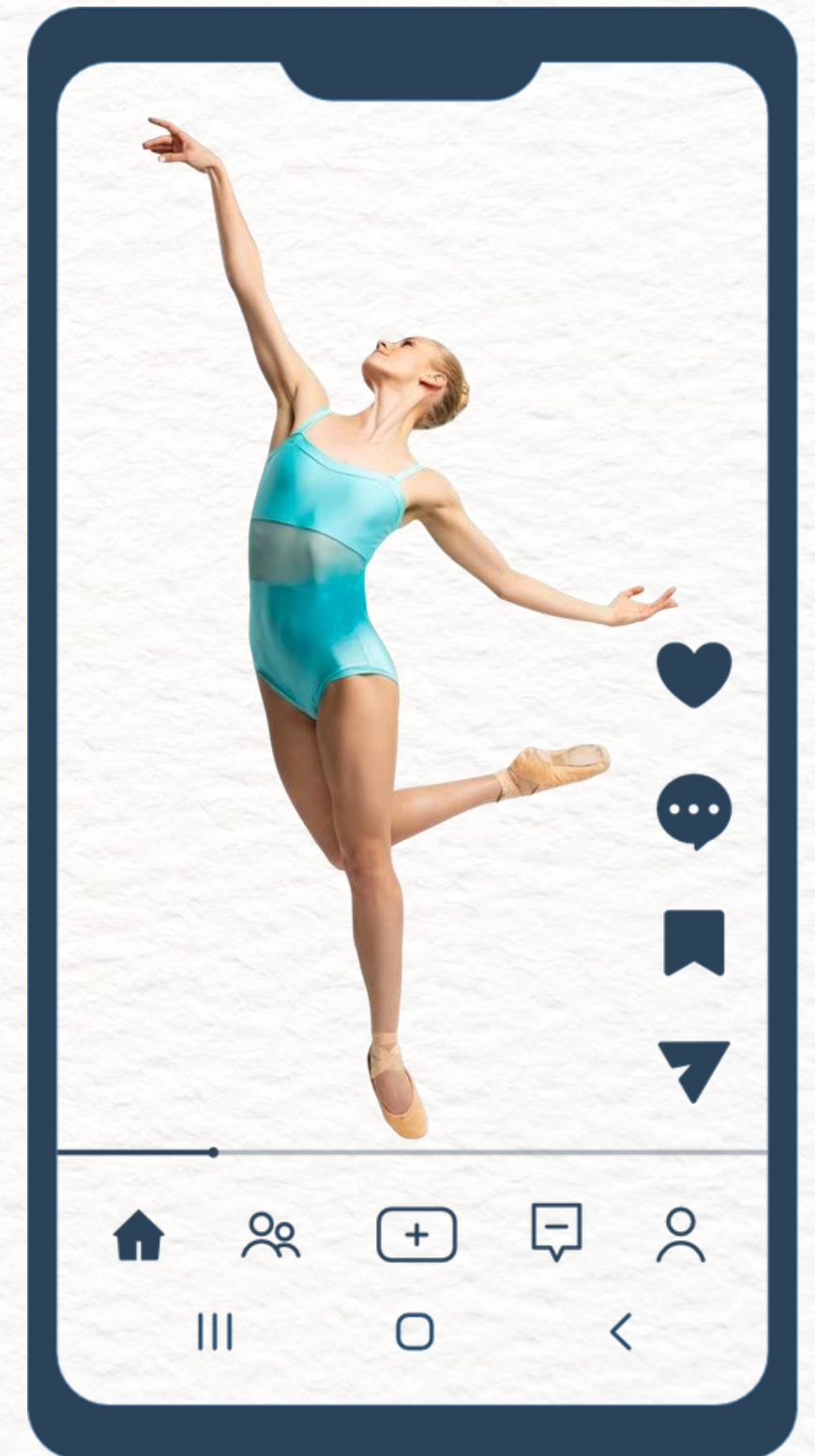


What Makes a Mentally Skilled Dancer?



Profile of A Mentally Skilled Dancer

1. CONFIDENCE
2. COURAGE
3. ADAPTABILITY
4. RESILIENCE
5. FOCUS
6. PERSISTENCE



Confidence

The belief we have in ourself and our abilities

Sources of Confidence:

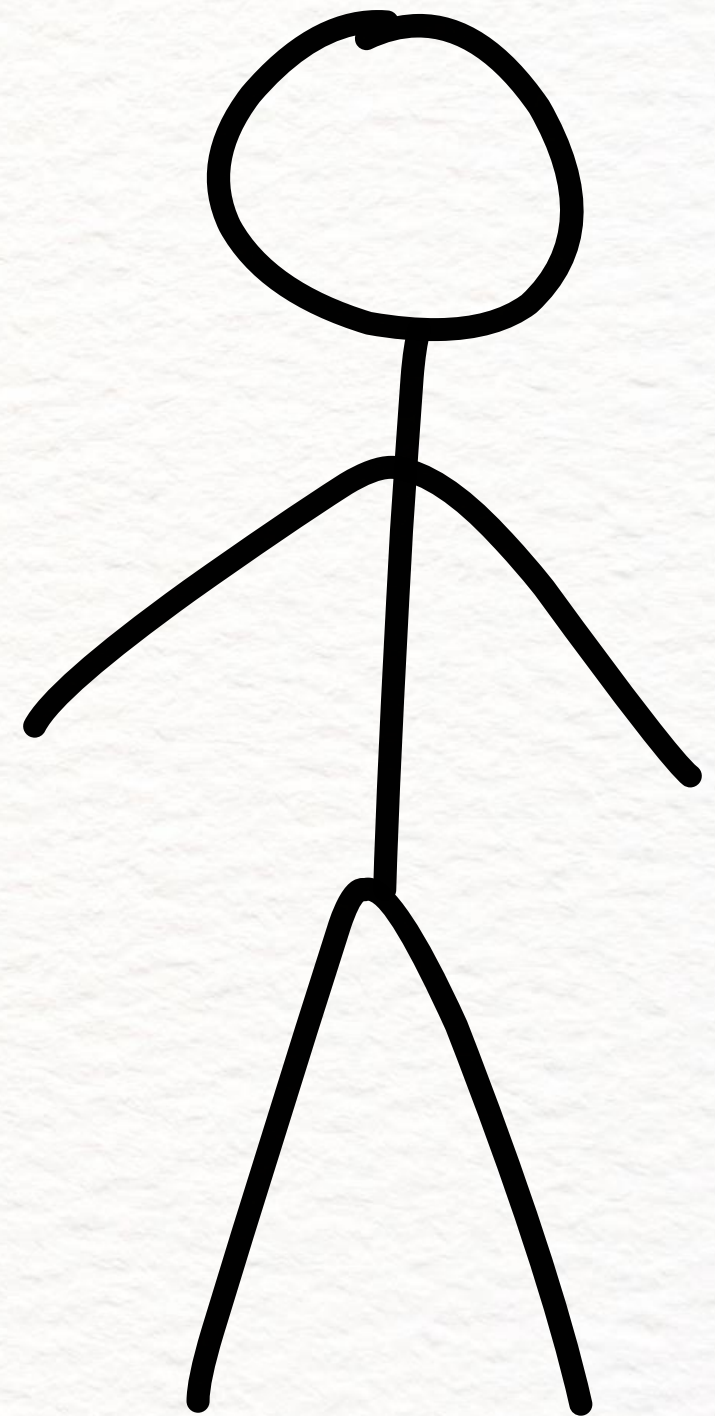
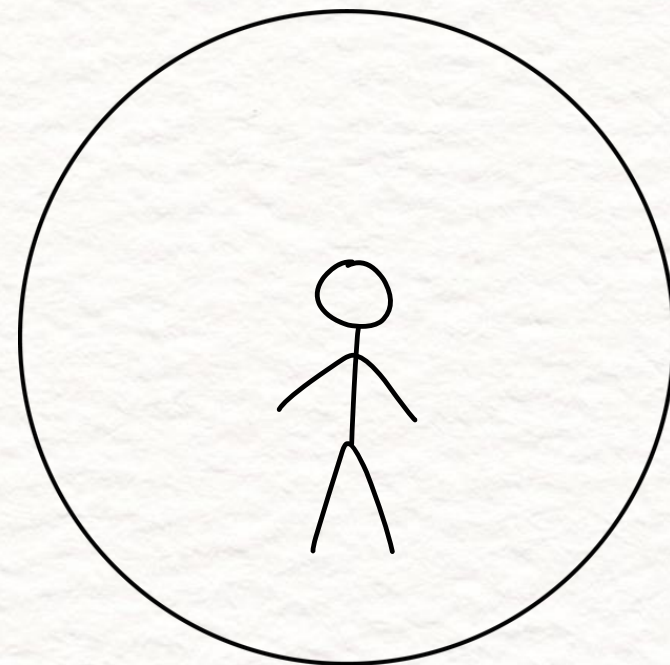
- Past Success
- Preparation
- Passion
- Persistence



Courage

Doing something even when you feel nervous, scared, or uncomfortable.

The Comfort Zone vs. The Growth Zone



Adaptability

Being able to adjust when things change, mistakes happen, or things don't go the way you hoped

3 R's:

- Recognize
- Release
- Refocus





INTERMISSION

Resilience

The ability to bounce back in the face of challenges

NON-RESILIENT C'S

- Comparing
- Complaining
- Catastrophizing

RESILIENT C'S

- Commitment
- Consistency
- Challenge



Focus

The ability to focus on the right thing at the right time in the right way

WIN- What's Important Now



Persistence

The act of not giving up, showing steady effort, and staying strong through problems

Fix vs. Growth Mindset



Thank You

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