



# TAS STRINGMANIA FESTIVAL: PERFORMANCE SKILLS AND ANXIETY

WITH LOUISE BUTLER, ACT

**SATURDAY 13 APRIL 2019**

**2.00PM – 3:00PM**

DUDLEY CLARKE PERFORMING ARTS CENTRE

THE HUTCHINS SCHOOL

71 NELSON ROAD, SANDY BAY

**\$20 NON-MEMBERS**

**FREE FOR AUSTA MEMBERS**

**- BOOKINGS ESSENTIAL!**

*Discover ways to combat nerves, look after your health  
and feel confident when you perform!*

This presentation explores the human body's instinctive reactions to stressful situations like performing, and discusses many varied strategies for keeping performance anxiety in control and manageable. These skills will enable musicians to give confident performances in all situations. Louise Butler has been teaching the cello for over 47 years, played professionally in the Canberra Symphony Orchestra and has conducted youth orchestras since 1990. Louise's presentations and workshops have reached string players across Australia and she often writes pedagogical articles for *Stringendo* magazine.

**REGISTER NOW!** [www.trybooking.com/466634](http://www.trybooking.com/466634)

See other AUSTA TAS *StringMania* events at: [austa.asn.au/chapters/tas](http://austa.asn.au/chapters/tas)

Enquiries: [austatasmania@gmail.com](mailto:austatasmania@gmail.com)