

*JULIE JAFFEE NAGEL, Ph.D.*

Psychologist, Psychoanalyst, Musician

Author: “Managing Stage Fright” and “Melodies of the Mind”

[jjnagel@comcast.net](mailto:jjnagel@comcast.net)

<http://julienagel.net>

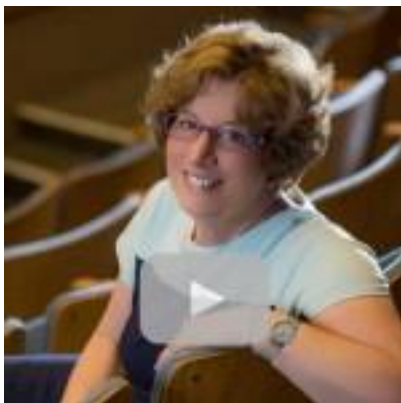
**2018 MTAC Convention presentation:  
“Musical Conversations – Managing Anxiety”  
Saturday, June 30, 10:15-11:15am  
Pacific**

Visit BOOKMARK in the Exhibit Hall to check out Julie’s book “*Managing Stage Fright: A Guide for Musicians and Music Teachers*”. I will be there to meet you and sign copies - times TBA.

Also

*HANDOUTS can be found on*

<http://julienagel.net> : Visit “Resources Link” and/or “Book Link” to download free resources below



## Managing Stage Fright Audio

Enjoy this audio. Take a deeper dive with into learning how to manage performance anxiety through Julie's application of the 'Letter B' statements and how they will help you and your students.



## Train Your Brain Flashcards

Twelve supportive statements that can be printed (on card stock or laminated for greater durability) to use as mantras and reminders when preparing for your next presentation. From the deck: "Consider the instrument your friend... give it a name!" and "Learn to fix your mistakes without stopping."



## 13 Tips for Managing Performance

### Anxiety

Use this set of coping strategies to help prepare for your next performance.



**The Journal for Managing Stage Fright (Guided exercises and reflective writing opportunities)**

**1-“Managing Stage Fright” AUDIO – I coach you in supportive Letter B statements**

**2-“Train Your Brain ” FLASHCARDS (Helpful Supportive Statements – these flashcards can be laminated**

**3- THIRTEEN TIPS for Managing Performance Anxiety (Helpful reminders to take with you to performances – these can be laminated)**

**4- THE JOURNAL for managing stage fright (Guided exercises and reflective writing opportunities)**

