

Take A Risk

By Sandi Wright

Risk is a situation involving exposure to danger or uncertainty.

- We take risks every day
- It's a learned behavior
- Re-learning how to "play"

Risk Taking Behavior

- Hair Coloring
- Tattoos
- Having a baby
- Singing on stage

The risk of taking a risk

- You'll have to leave your comfort zone
- The challenge might be too great
- You may have to trust someone else
- You might fail
- You might not know what to do
- You may experience fear
- You may experience uncertainty

Insignificant Risk

- Makes you wonder
- Think about the message in your song

Minor Risk

- Makes you uncomfortable
- Think about your character as you sing

Moderate Risk

- Makes you afraid
- Act like the character in your song acts

Major Risk

- It could hurt you
- Become the character in your song

Catastrophic Risk

- It could kill you
- You are completely consumed by the character mentally, physically, and emotionally – so much so that it takes several hours for you to come back to being yourself

Remove the Risk

- Singing and performing isn't supposed to be stressful
- You are not expected to be perfect
- Not everyone is going to like you
- If you passed your audition, you're halfway there
- Be yourself

In Search of Risk Takers

- They participate in physical warm-ups
- They give it up when singing their favorite song
- They like pantomime exercises like:
 - Opening a present
 - Walk like a model
 - Be weightless on the moon

When you change the way you look at things – the things you look at change

The Physiology of Fight or Flight

What we know is happening...

