



*Finding “flow” isn’t a mystery or rocket science.  
It’s brain science!*

**DISCOVER THE METHOD:**

## **The Five Stages of Peak Performance**

Learn from the leading expert  
how to step past stage fright  
and into flow!

**Jon  
Skidmore**  
Performance Coach &  
Clinical Psychologist **Psy.D.**

# Great Musicians Have a Peak Performance Mindset Equal to Their Musical Skill Set



The path to peak performance starts between the ears, not in the practice room. There is a missing link in the training of most performing artists, and Dr. Jon has the mental skills toolbox (the missing link) you need to build the bridge from the practice room to the stage.

When you master the Five Stages of Peak Performance you can say good-bye to stage fright, dread, and doubt, and say hello to excitement and willingness to share your

gifts powerfully and confidently. The Five Stages process elevates your performance quality and brings the joy and fun of sharing your talents and singing your songs to center stage.

For decades performance psychologist Dr. Jon Skidmore has been helping performing artists from around the world find freedom on stage and in life. Just imagine what freedom on stage would do for *you* and your next performance!

**Jon Skidmore**  
Performance Coach & Clinical Psychologist **Psy.D.**

## Dr. Jon's Course and Workshop Offerings

### The Musician's Path to Peak Performance

12 Hour Course

#### Learn the tools, skills, and process of the Five Stages of Peak Performance to:

- Understand the science behind stage fright
- Shift your mindset from negative to positive
- Rewrite your negative story
- Raise your performance mindset to the level of your musical skill set
- Hit the stage with the right kind of energy and excitement
- Use breathing exercises to relax your body and calm your mind
- Use affirmations to build your confidence
- Use visualization to prepare yourself mentally for a great performance
- Manage performance anxiety on the day of the performance
- Develop effective pre-performance routines
- Prepare yourself mentally for a great performance

This intensive performance skills workshop begins with each participant reviewing their Mental Skills Assessment in an individual consultation with Dr. Jon in which they identify their mental skills goals for the workshop.

#### Workshop includes:

- 3 sessions (3 hours each)
- A recital
- A bundle of Dr. Jon's peak performance tools
- PDF of his book (*Conquer Anxiety: How to Overcome Anxiety and Optimize Your Performance*)
- PDF of "30 Days to Peak Performance"
- MP3 of *Relax the Body, Focus the Mind*

### Conquer Stage Fright; Perform with Confidence!

90 Minute Workshop

Are the jitters, shakes, and fear of mistakes getting in your way as a performer? Typical advice—take a deep breath, practice a lot, imagine the audience in their underwear, maybe eat a banana—is not much help.

This workshop offers effective and practical tools, proven to get stage fright off your stage and move you forward with confidence. Having a full mental skills tool box makes performing fun, exciting, and satisfying!

### Finding Flow

90 Minute Workshop

"Flow" isn't a mystery or rocket science; it's brain science!

Finding Flow integrates the neuroscience of flow, anxiety management, and performance psychology into a "flow hack"—the Five Stages of Peak Performance. You will learn what takes you out of flow and what triggers flow. By the end of this workshop, the Five Stages of Peak Performance will be your guide into flow.

### Mindset Matters!

90 Minute Workshop

Did you know you have a first response mindset about all things performing? If you don't manage your mindset, your mindset will manage you. When you understand the mechanics of mindset you can take charge and design an empowering mindset.

Based on original research, Dr. Jon teaches you how to design an optimal performance mindset.

### Imposter Syndrome: Who, Me?

90 Minute Workshop

There is a cast of characters inside your head, and every time you set out on stage they are there with you. But can they work together? The **Critic** points out every mistake. The **Imposter** sows seeds of self-doubt. The **Performer** just wants to perform. The **Talent Manager** strives to bring all the details together. The **Protector** wants to keep you safe. In this workshop your cast of characters learns how to work together — to befriend the **Imposter**, calm down the **Critic**, empower the **Talent Manager**, and liberate the **Performer!**

Performance psychologist Jon Skidmore, PsyD. ("Dr. Jon") has worked with thousands of performing artists throughout the world. He has taught the course *The Psychology of Music Performance* at the Brigham Young University School of Music for over 30 years and co-authored the book *Conquer Anxiety: How to Overcome Anxiety and Optimize your Performance* and authored the workbook "30 Days to Peak Performance." Learn more about Dr. Jon at [jonskidmore.com](http://jonskidmore.com).



## What Participants Say about Dr. Jon's Course and Workshops

"As a professional singer and voice teacher for over 30 years, and head of a company dedicated to helping singers achieve their goals, I'm always amazed at the tools and techniques that really have the power to immediately improve practice and performance. While sitting in Dr. Jon's incredible workshops I saw, firsthand, the importance of bringing the right mindset to the task. Jon's mental exercises and practices for singers showed immediate positive results. Jon's approach is practical and straightforward. I enthusiastically recommend his book, *Conquer Anxiety, How to Overcome Anxiety and Optimize Your Performance*, to any voice teacher, as well as to any professional or aspiring singer."

— Darin Adams (singer / composer / Broadway voice teacher; founder/CEO, Appcompanionist)

"The Musician's Path to Peak Performance is like a treasure map, a step-by-step guide to uncover the musical potential buried within you."

— Mark Baxter (world-renowned vocal coach)

"After meeting Dr. Jon, my passion for singing and performing was reignited. I am enjoying my time on stage! The moments leading up to a performance are no longer torture, and I now I have a clear, step-by-step process to follow anytime I accept a performing opportunity."

— Lauren Ireland (singer / voice teacher, Calgary, Canada)

"After attending Dr. Skidmore's workshop and learning the 5 Stages of Peak Performance, I applied the steps to my very next audition. I had a blast performing. I had a clear process to follow, and instead of feeling powerless over my state of mind and just pushing through, I felt like I was

'the boss'. I've been acting and performing for decades, and Dr. Skidmore's process gave me a solid framework to utilize all the tools I already had, plus some fantastic tools that were new to me. It feels like a whole other level of professionalism, knowing how to stay focused and in the flow. What a bonus that I ended up booking the job!"

— Annie Little (singer / actress / voice teacher)

"Thanks to Dr. Jon, my son went into his Broadway audition with a great mindset and came out smiling!"

— Amy Baker-Stout (a musical mom)

"Thank you so much for the amazing workshop. My girls have learned so much, and I have learned so much about coaching them through performances as well as strategies to help me in my life."

— Natalie Edwards (a musical mom)

"Taking the Musician's Path to Peak Performance course was life-changing. I've performed ever since I was little but I never knew how to deal with my nerves. He has given me tools to harness my nerves—or, as Dr. Jon likes to say, my 'activation.' As a film actor, I audition several times a week and I am constantly using the tools he has given me to have a peak performance every time."

— Jade Gottfredson (actress)

"Thanks to Dr. Jon I now know that I belong on the stage and my voice deserves to be heard."

— Margarita Macias

**To book Dr. Jon for a presentation or to sign up for his Musician's Path to Peak Performance course or one of his workshops:**

**Jon Skidmore**  
Performance Coach & Clinical Psychologist **Psy.D.**

**CALL 801-400-2281 OR E-MAIL [jon@jonskidmore.com](mailto:jon@jonskidmore.com)**

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