



Podcast 7

How to raise self-confidence & leave perfectionism behind?

When it comes to ballet or any other type of performance dancing, self-confidence is a very important trait .

Why? Well, as a ballet teacher once said: a lack of self-confidence on stage will surely lead to a poor or mediocre performance. Actually, it is a known fact among professional dancers that self-confidence is an integral part of learning performance dancing.

Hence, a good dance teacher or any other type of movement instructor should not only teach the art of dancing, but also the art of how to gain more self-confidence.

In this short podcast we will try to tackle issues regarding why it is important that a dance teacher, yoga instructor, sports trainer or group facilitator should also raise self-confidence and why it is so important in the world of performance art and body movement.

In many countries with a history of oppressive regimes instructional design was solely discipline-based. For example, dance lessons coordinated by strict teachers, otherwise very talented dancers, the only key order of things was discipline and only discipline! The teachers weren't able to convey a healthy sense of self or foster the ability to express one's self or promote a positive body image.

One of the most important elements in building self-confidence is acceptance. As an instructor and teacher, one should support its students to recognize their imperfections as well as try to make them understand that any flaws that they might have don't define them as a dancer.

Raising self-confidence helps in making realistic assessments of one's self by identifying weak areas. This tactic will make the student improve and turn their weaknesses into strengths. When there is enough confidence, the ability to learn, improve and perform is better.

One way to boost self-confidence is by presenting a challenging task and supporting the participants to successfully accomplish it. In the art of movement, when learning a new skill, one could feel confident. A gifted teacher will always encourage their students to strive to work harder and be their very best leaving perfectionism aside.

Promoting a positive body image in the minds of women increases their self-confidence and improves their overall wellness. It's very important for a woman to be comfortable with her body, this way she won't be shy or afraid to learn more complex or difficult steps.

One of the great aspects of movement-based art is that it provides the potential to express ourselves through the movement of our bodies. Finding one's personal style of expression through motion and feeling more comfortable with ourselves and around others. Instructors can be an important source of support on this journey.

