



Michael ANDERSON

MENTAL PERFORMANCE COACH FOR PERFORMING ARTISTS

Innovative Mental Performance Coach with extensive experience in the field of performing arts, specializing in enhancing mental resilience for artists and performers. Adept at developing customized mental training programs that cater to the unique challenges faced by individuals in high-pressure artistic environments. Strong emphasis on building confidence, managing performance anxiety, and fostering creative flow.

CONTACT

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- San Francisco, CA

SKILLS

- Creative Visualization
- Performance Anxiety Management
- Workshop Facilitation
- Artistic Collaboration
- Mindfulness Techniques
- Individual Coaching

LANGUAGES

- English
- Spanish
- French

EDUCATION

**MASTER OF FINE ARTS IN THEATRE,
YALE UNIVERSITY**

ACHIEVEMENTS

- Increased performer confidence levels by 35% through targeted mental training interventions.
- Recognized for outstanding contributions to the arts by the National Arts Council in 2021.
- Published a book on mental performance strategies for artists, receiving critical acclaim.

WORK EXPERIENCE

MENTAL PERFORMANCE COACH FOR PERFORMING ARTISTS

Artistic Excellence Center

2020 - 2025

- Developed mental performance workshops tailored for musicians and actors to enhance stage presence.
- Conducted individual coaching sessions focusing on managing performance anxiety.
- Implemented creative visualization techniques to improve artistic expression and flow.
- Collaborated with choreographers to integrate mental training into dance rehearsals.
- Facilitated group discussions on overcoming creative blocks and fostering innovation.
- Monitored progress through feedback and performance evaluations from artists.

PERFORMANCE ANXIETY SPECIALIST

Cultural Arts Institute

2015 - 2020

- Designed programs aimed at reducing performance anxiety among artists in various disciplines.
- Conducted assessments to identify individual anxiety triggers and coping strategies.
- Facilitated workshops on mindfulness and breathing techniques for performers.
- Provided ongoing support through one-on-one coaching sessions.
- Collaborated with artistic directors to enhance the mental well-being of cast members.
- Evaluated program effectiveness through participant feedback and performance outcomes.