

# THE FIRST 10

**The harsh truth about the first 10 seconds, first 10 words, first 10 steps:**

- **Unconscious snap judgment**
- **We all have a “survival filter” to preserve that judgment**
- **We are reluctant to modify judgment even given new information**

## **Factors we CANNOT control:**

### **GENETICS**

**THE AUDIENCE:** experiences, attitudes, beliefs, values, education, mood

**THE ENVIRONMENT:** sound, lighting, ambience

## **Factors we CAN control:**

### **APPEARANCE**

**HAIR** – high and tidy

**MAKEUP** – dramatic

**COSTUME** – Stage-worthy and flattering to everyone, with no distractions

#### **Design**

- Style – gown, dress, pantsuit, etc
- Fabric – Consider image, trueness under lights, ease of care
- The Skin Factor

#### **Color**

**Grooming & Fit** – Impeccable with no visible body parts!

## **ENTRANCE** - That all-important initial visual contact

### **The Walk-on**

- First person enters before name is announced
- Walk - energized, composed, confident, proud, joyful
- Go directly to wide-spread and evenly-spaced spots
- Acknowledge applause with specific focus

### **Transitioning to the Microphone**

- Cue from one singer and go directly to microphone spot
- Pitch blowing as you move to the mic – natural walk, confident, song setup
- Connect with one another and the audience, not the floor

### **The Musical Start**

- Take pitch (if planned) – demo different pitch techniques
- Set the attitude through timing between arriving at mic and singing
- Present a solid start to the song – this is a “level setting red zone”!

## **INTERNAL WORLD** – Attitude, focus, actions

**Focus**                      How much of ourselves do we bring to any given experience?

**Attitude**                    Is yours worth “catching”?

**Energy**                      Generate it ... or fake it till you make it

**Confidence**                Preparation is the key

**Connection**                It's our “job” – the reason we perform

## **CONCLUSIONS**

**Solidify all musical aspects of performance**

**Create an impeccable visual image**

**Rehearse every part of stage entrance**

**Prepare yourself mentally and physically**