

TO OWN THE STAGE  
YOU HAVE TO FIRST  
OWN YOURSELF



## The Edge FACTOR



### A POWERFUL MIND-MASTERY TECHNIQUE FOR PERFORMING ARTS STUDENTS

Talent alone is not enough to make it in this competitive industry. A student's mindset and ability to showcase their true talent in performances and gain the 'edge' in auditions, is key to their success.

Performing Art Students are invited to join regular WAAPA guest lecturer Karen Claridge in her masterclass, where they have opportunity to learn how to create their optimum headspace and bring their A-game to rehearsals, performances and auditions.

Karen originally studied Drama at Middlesex University London. She is an internationally accredited \*Neuro Linguistic Programming Master Practitioner with 30 years experience as a Performance Coach both in Europe and Australia.

Her passion is to share with students skills, techniques and new ways of thinking to help them fulfil their true potential.

(\*N.L.P is a cutting edge discipline in the art of mind-science).



- F** Flow and Focus
- A** Approach
- C** Connect to Core
- T** Transform Thoughts
- O** Optimization
- R** Reset

Students Learn how to:

- 1 Find focus and create their flow-zone
- 2 Manage optimum energy levels
- 3 Overcome performance nerves
- 4 Go beyond negative mind chatter
- 5 Bring their best selves to performance and auditions

#### Feedback about this workshop:

*I highly recommend Karen's Edge FACTOR! She had a tremendous response from our students who have used this technique to gain the edge in auditions and bring their best selves to performances.*  
(Andrew Lewis, Associate Head of WAAPA)

*This workshop was one of the most inspiring, motivating and enlightening things I've done at WAAPA*  
(Jen Radda, WAAPA Student)

*Karen's workshop was a powerful and engaging experience. She helps performers face any audition.*  
(Luzita Fereday, Voice Lecturer WAAPA)

*The Edge FACTOR process had a significant impact on our young artists. The techniques they have learnt has significantly improved their performances.*  
(Stephen Roberts,  
Head of Performing Arts at All Saints College)