



Presents...

The Ultimate Guide to Burlesque

REFLECTION



Use this guide to help you reflect upon your burlesque performance
Good Luck!



All the Awesome

Tech

Audience

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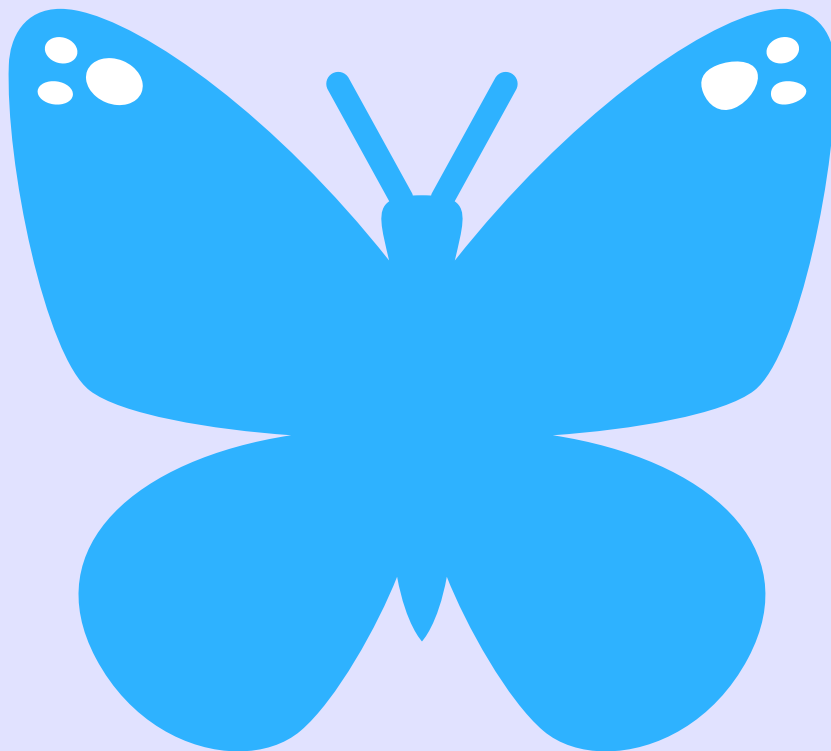


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Aesthetics

Development Areas



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How to use this Guide?

REFLECTION

When reflecting on a performance, it is important to be as honest as possible. No one else needs to see this worksheet, it can be filed away or even shredded once you have completed it.

We believe that you should reflect upon every performance that you do. This is to ensure you derive ALL of the goodness/development points from each one, to strive to create a better performance atmosphere and build your resilience.



All the awesome

Firstly, write down as many things as you can about how fantastic your performance was and everything that made you feel FABULOUS!

Then break it down into categories:

Tech

Sound – Lighting – Staging

What were the best parts?

How could you develop the aesthetics further?

Did you work the stage to your advantage?

Audience – Audience interaction

What were the best parts?

Which needed work?

What was the reaction of the audience?

Any notable points of interaction?

Aesthetics

Costume – make up - hair

What were the best parts?

Which needed work?

Any costume maintenance needed?

How could you develop the aesthetics further?

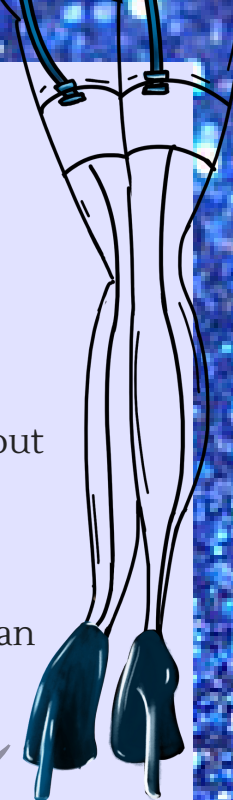


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If you feel your performance needed a bit of work or it was a 'tear your hair' out moment, make sure you get everything on paper and out of your system.

It is completely normal to have a shaky show or shaky moments, this is the beauty of live entertainment. If you don't process it correctly and reflect, it can knock your confidence.



Owning your performance, however it went, is one of the most important things about building a successful performance career. Taking responsibility for your actions and emotions will ensure you become a top notch professional to work with.

So now, in the space of the beautiful butterfly above, pop down any areas for development. Was there anything you feel that needed further development?

Keep this reflection on file but you must ensure you do not dwell on it. Take a 12hr period to reflect and then file this away until you are able to revisit without feeling negative.



How to use this Guide?

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We would LOVE to hear your progress! Don't forget to pop on over to our Facebook page to let us know how you are getting on.
We can't wait to hear from you.

We hope this guide is useful to you as it has been to all at House of Trixie Blue.

Good luck and enjoy

XXX



Additional Notes

