

Holly Shaw

Creativity Coach & Bestselling Author

Introduction:

A recent study revealed that more than 80% of professional actors have experienced stage fright at one point or another throughout their career. The truth is, there are many performing artists, speakers and leaders who quietly **suffer from depression and anxiety due to the pressures of being “highly visible.”** Holly helps performing artists, speakers, actors, musicians, and dancers to overcome their stage fright, imposter’s syndrome, and creative blocks so they can get their original work into the world and totally kill it onstage every time without feeling like they’re selling out or losing their sanity.

Presentation Topics:

How to Turn Stage Fright Into Magnetism

They will discover:

- The truth about stage fright. What is it *really*?
- A Powerful Method for dropping into the optimum mindset before stepping onstage
- How to move from frozen to focused: learn to make stage fright work *for* you not against you

Captivate Your Audience Using the Creative Formula

They will discover:

- How to turn boredom into bravos by using the Creative Formula: the three part method that’s helped thousands of artists create original work from scratch to stage
- A quick method for dropping into the optimum mindset when you first step onstage
- The two most important sections of any performance and how you can nail them every time

Perform Like A Shaman:

How to Take the Audience on A Journey

They will discover:

- The three main levels of consciousness travelled during a shamanic journey and how to use them onstage to take your audience on a journey they’ll never forget
- Powerful tools for transforming nervousness, stage fright, and anxiety into a magnetic performance
- How to create a journey that people will pay for

5 Secrets to Get Your Work Out of Your Head and Onto the Stage

They will discover:

- The three part proven-effective method of the Creative Formula that’s helped thousands of artists create original work from scratch to stage
- How to debunk the myth of the elusive muse once and for all!
- The four components of “Voice” that will help establish yourself as a sought after speaker or performer to curators and booking agents.



About Holly Shaw:

Holly Shaw got her first agent when she was twelve years old and has spent a lifetime in film, T.V. and on professional stages all over the world as an actor, dancer, and director. Now she shares her passion as a Creativity Coach and Hypnotherapist and has helped hundreds of artists - from Grammy nominated musicians to inspirational speakers - overcome their performance anxiety, impostor’s syndrome, and creative blocks so that they can create original work and totally kill it onstage again and again. Her recently published book, *The*

Creative Formula: Compose, Choreograph, and Capture Your Masterpiece has become an **Amazon bestseller**.

What People Say:

"Holly has helped me to break through my performance plateau and be more vulnerable as an artist."

-Zoe Jakes, Internationally Renowned Artist with the band, Beats Antique

"Holly is always on top of the latest research regarding creativity and performance, and collaborates extensively with others in order to make her message even more relevant."

-Diana Rowan, Founder of Bright Knowledge Academy

"You have such a beautiful and positive presence."

-David Ballog, SAG Actor

"Thank you Holly for your presentation last night for SAG. I felt so uplifted and inspired."

-Marion Novasic, SAG Actor

Planning an Event:

Planning a live event for Performers, Speakers or Artists? Then you'll want Holly Shaw on your stage! Your audience will be delighted by Holly's dynamic and powerful stage presence, and will walk away with tangible strategies they can apply to their speaking, performances, and creative work.

To book Holly, please email LaunchLabforPerformers@gmail.com or call 510-393-9117 Performers & Creators Lab | Oakland, CA

To learn more about Holly, visit www.performersandcreatorslab.com