

Performers and their Strategies for Overcoming Stage Challenges



Ruben (Fashion Model)

Experience: Walking the runway at the Saint Laurent 2024 men's fashion show.

Challenges: Overthinking on stage.

Strategies: Grounds himself by feeling the floor, breathing deeply, and looking at posters to stay present.



BoWang (Fashion Model)

Experience: Walking the runway for luxury and fashion brands and shooting commercial advertisements.

Challenges: Nerves and mental pressure.

Strategies: Practices frequently and uses psychological cues for confidence.



Lu Wang (Talk Show Artist)

Experience: Previously appeared on a Chinese stand-up comedy show and performed in offline tours across multiple countries.

Challenges: Struggles with stage fright.

Strategies: Forces herself to step on stage and mentally affirms her professionalism.



Zhongjun Wang (Rapper)

Experience: Previously appeared on a Chinese rap competition show and performed live at offline events.

Challenges: Overthinking and nerves.

Strategies: Does sports and running before the show, avoids eye contact, and reminds himself the audience isn't overly focused on him.



Esy (Rapper)

Experience: Multiple offline rap competitions

Challenges: Relies on the crowd's energy.

Strategies: Drinks alcohol to ease nerves and emphasizes the importance of audience reactions.

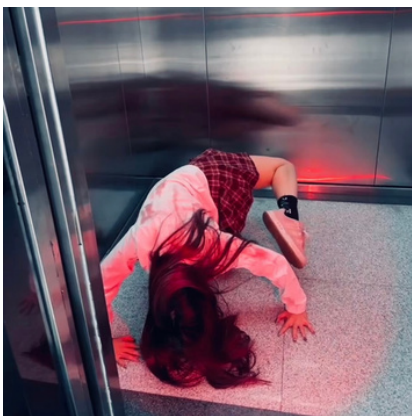


Sybilla (Actress)

Experience: Performed in stage plays and musicals in the UK.

Challenges: Staying focused under pressure.

Strategies: Practices extensively and immerses herself in her own world before performing.



Lily (Escape Room NPC)

Experience: Professional escape room NPC, playing various roles.

Challenges: Speaks too softly.

Strategies: Practices engaging with others more, and practices speaking loudly to the mirror.



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Mingen (Ballet Dancer)

Experience: Started learning ballet from a young age and performed on various stages.

Challenges: Performance anxiety.

Strategies: Relies heavily on practice and muscle memory.



Charles (Host)

Experience: Served as the host of the New Year's Gala at King's College London (KCL).

Challenges: Managing nervousness.

Strategies: Takes deep breaths, drinks water, and gains confidence through experience.



Kiki (Singer and Dancer)

Experience: Started learning vocal music and participating in various artistic performances from a young age; now learning street dance and filming videos.

Challenges: Staying calm and focused.

Strategies: Calms herself with deep breaths, relies on muscle memory, and focuses on a single camera or point during performances.



Jiao (Hip-Hop Dancing Teacher)

Experience: Professional street dance instructor with over ten years of teaching experience.

Challenges: Nerves when performing.

Strategies: Prepares thoroughly and focuses on enjoying the stage while reducing eye contact.