

5 Mistakes Performers Make In The First 30 Seconds

PERFORMER LAB

FROM POTENTIAL TO PERFORMANCE

5 Mistakes Performers Make

In The First 30 Seconds

Mistake 1 - Starting Without Intention

Mistake 2 - Letting Nerves Dictate

Mistake 3 - Over Performing

Mistake 4 - Reading The Room

Mistake 5 - Loss of Control

BONUS MISTAKE

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Mistake 1

Starting without a clear intention

Many performers begin without a defined objective or emotional starting point. This leads to performances that feel unfocused or generalised.

What To Do Instead

Arrive with a clear, specific intention—know exactly what you want from the moment you begin.

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Mistake 2

Letting nerves dictate pace and delivery

Nerves often cause performers to rush, lose clarity, or disconnect from their material.

What To Do Instead

Take control of your timing.

Start grounded, breathe, and allow the moment to settle before you begin.

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Mistake 3

Over-performing instead of communicating

Trying to impress often leads to pushing emotion or overcomplicating choices.

What To Do Instead

Focus on clarity and connection.
Strong, simple choices are far more effective than forced intensity.

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Mistake 4

Lack of awareness of the room

Many performers focus inward and forget they are communicating *to* someone.

What To Do Instead

Be aware of the panel or audience.
Your performance should feel directed and intentional, not isolated.

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Mistake 5

Being underprepared for the environment

Performers often prepare material—but not for how it functions in a real audition or panel setting.

What To Do Instead

Train for the environment itself.

Understand how to enter, present, and adapt in the moment.

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Not adjusting when something shifts

Many performers commit to a plan—but struggle to adapt when something changes in the room. This might be a note from the panel, a different energy than expected, or something not going exactly as rehearsed.

What To Do Instead

Stay responsive. The strongest performers aren't just prepared—they're adaptable. Being able to adjust in the moment shows confidence, awareness, and real control of your work.

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**Most performers don't lack ability—
they lack a clear, structured approach to
applying it when it matters.**

**That's exactly what we focus on at
Performer Lab**

**Whether you're preparing for auditions,
building confidence, or working towards
tertiary pathways, the goal is the same:**

**To develop performers who are clear,
controlled, and consistent in the room.**

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Next Steps

- **Apply** for an upcoming program
- **Book** a private coaching session
- **Contact Us** to get clear on the right next step for you

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