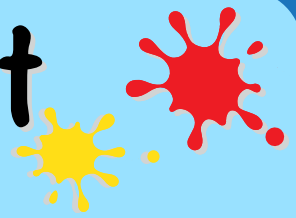


# Paintertainment



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## Enter The New Year With

by Gretchen Fleener

# CONFIDENCE!

**H**ave you ever sat in your car before a gig and started to worry about all the what-if's and get paralyzed with anxiety? Have you finished a job only to wonder whether you are even cut out for this business? What do you do if the nerves or lack of self confidence start to get to you? This is a question I've seen pop up regularly on social media. Nerves can get the best of even the most seasoned artist! After all, our job is not one where you simply learn how to properly use the tools or perform a task and you're good to go...art is subjective and that subjectivity can leave us doubting our worthiness as an artist at times. Couple that with the fact that we as artists are always our own worst critics, and you have a recipe for major anxiety!

First, let me assure you that having some nerves before a gig is completely normal and expected! I have been professionally face painting for over 28 years, and I still feel the pre-gig jitters as I pull up to a gig in my car. Even if it's a client I've painted for many times! If this is you, take a breath and remind yourself that the client is hiring YOU for a reason...because YOU know more about what you're doing than they do!

The fact that you are worried about how good of a job you will do is a sign that you care about your craft, and is a sign of a good artist and entertainer who wants to please their clients! Think about the last time you hired somebody to do something for you. Don't you hope that this person cares about the job and how well

they did it? Of course, don't take your self doubts as far as voicing your concerns about your abilities directly to the client and make them regret hiring you, but tuck them in your back pocket and use them as fuel to do your best!

So what can you do to help calm the pre-gig nerves? The easiest place to start is to first eliminate the completely preventable stresses by planning ahead. Don't rush yourself when it comes to preparing and driving to your event! Start pulling your kit and supplies together the day before an event and load your car or pile things by your door. This gives you a day to think of things you might have forgotten to pack in a rush. Pack a table and chair just in case you get stuck with a less than ideal setup from the client. Look over your design menu closely and imagine yourself painting each design, and do a mental check that you have everything packed. Look up the driving directions the day before and figure out what time you'd have to leave your house. Add on some extra time so that when you park at your gig, you have time to take a breath and give yourself a little pep talk before going in!

If you have the time, practice practice practice! Practicing the designs you are nervous about has never been easier with all of the great practice boards available on the market. Got a design you just can't stand? Remove it from your menu! Don't stress yourself out with designs you don't feel good about. Practice them in your down time and add them to your menu when you feel ready to offer them.

Find a confidence booster buddy! Chances are if you know anybody else in this business, you most likely know somebody else who struggles with their

confidence on occasion too! Find a trusted colleague and agree to be confidence booster buddies who help lift each other up before big gigs. Let your buddy know when you have a gig coming up. This way they can be ready to answer a text or phone call if you need a little pep talk before you go into your job!

Don't know of any fellow painters yet who can be a confidence buddy? No problem! How about putting together a little book of pre-gig encouragement? Maybe purchase a ring binder or a pocket sized mini photo book. Fill it with your best mirror moment photos of smiling kids, thank you notes or emails from clients, client reviews (you can collect these on Google, GigSalad, Thumbtack, etc!), and photos of your best work! Tuck it in your kit or glove compartment, and pull it out when you arrive at a job that is making you anxious for a little pre-gig pick-me-up.

Have you had a gig go horribly wrong? Congratulations....you are a real artist who lives in the real world of unpredictable clients, weather and situations! Don't dwell on these moments...gain what you can learn from them to improve future gigs, and turn your struggle into an accomplishment by moving forward with a new experience under your belt!

Remember that we truly are our own worst critics. Most of the time when I'm not happy with a design I've painted, the child and parent are still thrilled! Remember that your client is not comparing your Spiderman to Corey Morgan's or your monster design to Nick Wolfe's. They don't spend every night scrolling through body art inspiration photos like we do. The client is only comparing their child's face before being painted to after, which is almost always JOY! Don't bring down the mirror moment by cutting yourself down, acting bummed out about the results, or pointing out what you did wrong. Hold that mirror up with confidence and excitement, and I promise your enthusiasm and excitement about your work will be contagious! 🌟



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# What's News?



## Kraze FX

We are now carrying an assortment of Kraze split cakes in the shop! Check them out and let us know what else we should add!



## Window Painting

Check out our YouTube channel for a time lapse of this window design and our other fun recent holiday window paintings!



## Tuesday Tips at Ten

Check out our YouTube & social media channels for our weekly tips to up your game, and find the past year of archived videos on our "learn" page at Paintertainment.com!



# SHEEP DOG



Ooh! Stencils + mini kabuki brush

## January Coupon Code!

# 10% off

All regular priced products!  
Use coupon code **YESICAN** at checkout. May not be combined with any other offers.

**Offer expires 1/31/24**

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