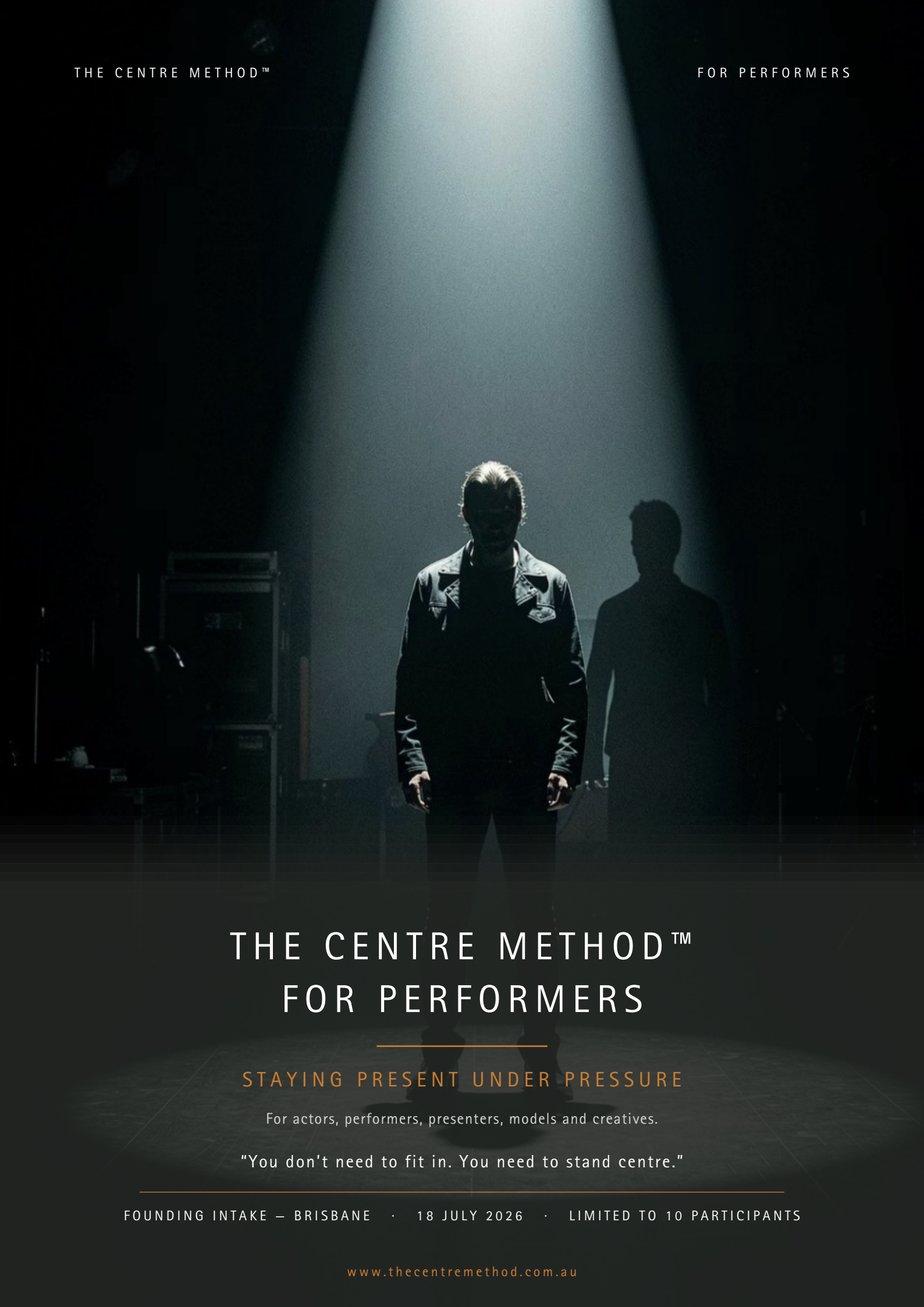


THE CENTRE METHOD™

FOR PERFORMERS



THE CENTRE METHOD™ FOR PERFORMERS

STAYING PRESENT UNDER PRESSURE

For actors, performers, presenters, models and creatives.

"You don't need to fit in. You need to stand centre."

FOUNDING INTAKE — BRISBANE · 18 JULY 2026 · LIMITED TO 10 PARTICIPANTS

www.thecentremethod.com.au



DOES THIS SOUND FAMILIAR?

You know your craft, but sometimes pressure changes the way you show up.

- Walked into an audition and suddenly doubted yourself?
- Compared yourself to other performers in the room?
- Replayed a moment long after the audition was over?
- Felt pressure affecting the performance you know you're capable of?

WHEN THE PRESSURE RISES,
YOUR RESPONSE MATTERS.





YOU'RE NOT ALONE.

Most performers don't struggle with talent.

They struggle with what happens when pressure enters the room.

The Centre Method™ helps performers recognise reactive patterns, return to presence and respond with greater clarity when it matters most.



WHAT IS THE CENTRE METHOD™?

A practical method for returning to presence when pressure changes the way you respond.

The Centre Method™ is built around a simple idea. Pressure does not always change your ability. It can change your response.

In an audition, on stage, in front of a camera or standing in a room waiting to be seen, reactive patterns can appear before we recognise them.

- We overthink.
- We compare.
- We tighten.
- We rush.
- We lose connection with the moment.

The Centre Method™ helps you recognise those patterns and return to a more grounded, deliberate response.



This is not about becoming someone else. It is about recognising what takes you away from centre — and learning how to return.

DON'T REACT. RESPOND.



"Presence is not something you perform.
It's something you return to."



WHAT YOU'LL LEARN

Practical tools to help you remain present, grounded and deliberate
when pressure enters the room.

01 CONFIDENCE UNDER PRESSURE

Walk into the room grounded, clear and ready – without allowing pressure to dictate how you show up.

02 EMOTIONAL AWARENESS

Recognise reactive patterns before they take over your response.

03 INNER DIALOGUE

Notice the stories, comparisons and assumptions that pull you away from centre.

04 HANDLING REJECTION

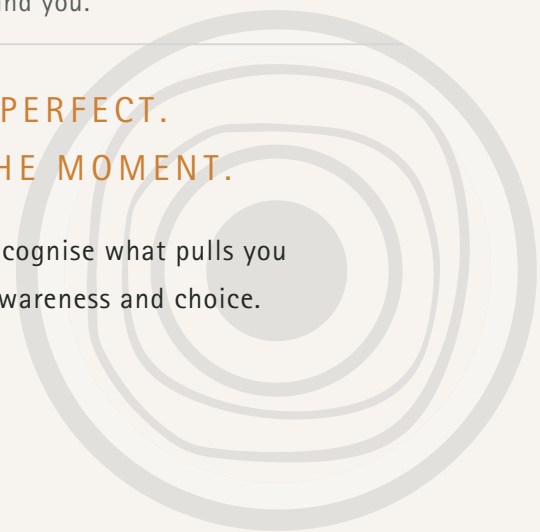
Learn to separate an outcome from your sense of self and return your focus to what you can control.

05 PERFORMANCE PRESENCE

Stay connected to the moment, the scene and the people around you.

PRESENCE IS NOT ABOUT BEING PERFECT.
IT IS ABOUT BEING AVAILABLE TO THE MOMENT.

Every tool in The Centre Method™ is designed to help you recognise what pulls you away from centre – and practise returning with greater awareness and choice.





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