



PERFORMING & TOURING

RESOURCES

Tour Feedback Checklist

IN COLLABORATION WITH ASH KING, WELLBEING CONTENT & PROGRAMS LEAD / PSYCHOLOGIST, SUPPORT ACT

Tour Feedback Checklist

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This resource provides a guided checklist to help artists and crew reflect on their touring experience, focusing on wellbeing, challenges, and improvements for future tours.

When the tour is all over, how do we check in with the artists and crew to understand how we can do it better next time? Below are some examples of how you can follow up on what worked, what didn't work and what are the next steps for future touring.

What worked:

What supported your wellbeing on this tour?

Keeping a consistent sleep wind-down - even when sleep times changed

Allocating specific eating times around soundcheck, show time or post-show

Nourishing meal a day - no matter how chaotic things got

Having a quiet space to decompress after shows

What routines, boundaries, or habits helped?

Saying no to post-show socialising when energy was low

No alcohol on work nights

Taking short walks or stretching between soundcheck and doors

Who or what made the experience feel easier or safer?

Was there anyone on tour that made your experience a whole lot better

Was there any specific tour ritual that made everything easier or safer on the road

Clear communication from tour management; familiar rituals before or after shows

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What didn't work:

What drained you more than expected?

Constant travel with little recovery time

Late nights followed by early call times

Being "on" socially all the time

Where did stress, conflict, or fatigue show up?

Tension within the team

Physical exhaustion

Headaches, or getting sick

Difficulty switching off after shows

What would you want to do differently next time?

Build in clearer rest days or lighter travel schedules

Set firmer boundaries around availability

Ask for support earlier instead of pushing through

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What's next

After reflecting on what worked and what didn't, consider what you might carry forward into your next experience of touring:

- One thing to keep.
- One thing to adjust.
- One thing to let go of.

Support Act Wellbeing Helpline

The Support Act Wellbeing Helpline offers free, confidential one-on-one counselling and support that is separate from employers, managers, or tour teams.

You can reach out for:

- One-on-one counselling
- Support during periods of stress, burnout, or transition
- A place to talk things through without judgement

You do not need to be in crisis to make contact. Sometimes support is simply about having someone to help you reset.



Looking for more resources?
Find more resources like this
one at musicnsw.com/resources

MusicNSW works, creates and listens on unceded Aboriginal land across the state. We honour elders past and present and acknowledge all First Nations peoples as the original music makers, storytellers and knowledge holders. Always was, always will be.

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