

HOW TO THINK & TRAIN LIKE AN OLYMPIAN: Mental Skills for Musicians



General Summary:

Like athletes who spend a lifetime training for an Olympic race, musicians spend years practicing for auditions which sometimes last only minutes. However, most of us focus completely on musical preparation for these opportunities, even though the ability to perform at our best in high-stakes situations is largely a result of mental strength. In this 60-minute presentation, I share what I've learned about optimizing performance from my work with renowned Olympic performance psychologist, Jean-François Ménard (www.kambioperformance.com). This work has been life-changing for me and, as such, I am a passionate advocate for mental skills coaching in conjunction with all performing arts training.

Lara Deutsch, flutist

Topics Covered:

- **The subconscious impact of language on our self-talk**
 - Negation vs. positive reframing
 - Understanding the relationship between language and emotions
- **Optimizing preparation**
 - Practicing the way you want to perform
 - Goal setting and tracking
 - Perfection vs. excellence mindsets
- **Pre-performance routines**
 - Mindful breathing
 - Techniques for creating a familiar, comfortable environment
 - Controlling focus
- **Q&A, as well as suggested reading & viewing**



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This presentation is adaptable for performers of all ages and levels. It can also be adapted for those with careers in non-musical fields. Please contact us for more information.