

Dr. Renée-Paule Gauthier presents:

THE PERFORMANCE REBOOT WORKSHOP

A 3-Part Motivation-Reset Workshop for Musicians

Rediscover your passion + jumpstart your process - so you're ahead of the pack when concerts come back

Stage Ready... Set... GO!

Part 1: Assess

When doing the exercises, take the time to reflect deeply. Sit in a quiet space, take several breaths (maybe even meditate for several minutes), visualize vividly, and ponder on those questions without hurry. Pay special attention to the feelings, thoughts, and words that come to you intuitively. Do not worry about those thoughts/feelings/words being rational or not – just observe them.

Reflection exercise #1: Pre-Covid & current reality

- Visualize your current reality – see it & feel it
- Create 2 columns (+ & -)
- Reflect on the positives (could be events, things, people):
 - What did you love about it
 - What brought you joy, enthusiasm.
 - What got you MOTIVATED?
- Reflect on the negatives (could be events, things, people):
 - What did you love not love?
 - What brought you dread, grief. drained your energy?
 - What made you feel trapped, or less than

Reflection exercise #2: Your current practice

- Visualize your current practice – see it & feel it
- Write the first words that come to mind when you read these questions:
 - What does it look like?
 - What does it feel like?
- 1-10: your level of focus
- 1-10: how happy are you with results when you walk away?

Reflection exercise #3: Your current performances

- Visualize a specific performance – see it & feel it
- Write the first words that come to mind when you read these questions:
 - What did you enjoy / not enjoy about this performance?
 - How did you feel during the performance?
 - What were your thoughts during the performance?
 - what was the result? What went “wrong,” OR “RIGHT”
 - How was your preparation?
 - How were your life circumstances during your preparation?

Clarity exercise #1

- Sit down – breathe (meditate)
- Reflect on the feelings you experienced and the words that popped in your mind when you examined your pre-covid life, practice, and performance
- Now: DREAM ABOUT THE LIFE YOU WANT
- See it! Feel it!
- Create 2 lists:
 - Yes – things that motivate, give you joy, feed you
 - No – things that drain you, make you feel stagnant

Clarity exercise #2

IF YOU KNEW YOU COULD NOT FAIL:

- What would my musical life look like?
- What would I play?
- Where?
- With whom?
- How would I feel?

Clarity exercise #3

IF YOU KNEW YOU COULD NOT FAIL:

- What are 10 things you would accomplish by the end of the season?

**DON'T LET FEAR LIMIT YOUR IMAGINATION
LET YOUR INTUITION GUIDE YOU
FOCUS ON THE WHAT – DO NOT WORRY ABOUT THE HOW**

Part 2: Plan

Pick your Awesome Goal(s)

Looking at the list you created in part 1

Pick 1 or 2 specific goal that excite you, that light you up – this is your Awesome Goal(s)

Take a few minutes to consider/journal on some specifics:

- What do I want to accomplish?
- Why is this goal important?
- What do I need to do or acquire to make it happen?
 - Equipment
 - Knowledge
 - Skill
 - Help

Reverse engineer your plan

1. Set completion date
1. Write milestones in calendar – e.g. for a big performance
 - Mock performances
 - Mastered
 - Memorized
 - Notes learned
 - Equipment care
 - Miscellaneous

Remember the Cycle of Motivation

Actions = Results = Motivation = Actions = Results = Motivation

Create your Ideal Environment

Think about yourself, your personality, your needs, what you know about yourself:

- What could that optimal context, that environment look like?
- What would nurture you?
- What are the things you need to do your best work?
- What are the things that would allow YOU show up as your best self?
- What habits would support you + lead to success?
- Do you need help? E.g. Baby sitter, family

- What are your NEEDS
 - Material, tools, instrument
 - Practice space
 - Free up time
- Do you need to set up accountability – Enlist coach, teacher, mentor, friend, trainer, etc.
- How you like to keep track of your progress? – Practice journal, chart, free form, etc.

Part 3: Elevate

Three Basic Qualities you want to nurture in you practice routine

1. Sustainable
2. Balanced
3. Adaptable

Five fundamental elements of efficient practice and great performance experience

1. Thorough planning
2. Comprehensive practice approach including:
 - a. Variety – warmup, technique, deep work (the Deep Practice Model™), performance practice, playing for fun, etc.
 - b. Efficient systems and practice methods
 - c. Appropriate mindsets
3. Cultivating joy, interest, and engagement in the process
4. Mental preparation
5. Plan mock performances

Create your “Self-Sabotage Proof Cheat Sheet”

- List at least 10 accomplishments you’re proud of – big and small
- In 1 sentence, describe the personal meaning of your Awesome Goal – what it embodies for you
- What limiting belief(s) might get in the way?
- What is 1 obstacle you might face and what could you do about it?
- What are you going to prioritize in your life to keep your energy and enthusiasm?