



HOW TO OVERCOME OVERWHELM

– SO YOU PERFORM AT YOUR BEST

Carmel Liertz – Performance Coach

Why am I feeling Overwhelm for my Project ?

- Uncertainties – What if ... happens ?
- Too Much to Manage – stress, anxiety
- Lack of Focus – too many distractions
- Time Pressures – how to be ready in time ?
- Extras – What's the presentation venue like ?
 - Rehearsal possibilities ?

CLEAR THE PATH TO PREPARE

- Cancel social engagements / appointments
- Adjust daily schedules / Avoid social media
- Arrange necessary assistance
- Lock down for peaceful preparation.

ENVISAGE THE PERFORMANCE / PRESENTATION

- Shape and Structure the performance / presentation
- Themes and sub-themes
- Visualize the total event – Imagery Rehearsal

THE PROCESS – STAY '*PROCESS-FOCUSED*'

List of Tasks for completing the process

1.

2.

3.

4.

5.

6.

7.

8.

MIND-BODY STRATEGIES PROGRAM (LIERTZ)

- Walking / Stretching
- Healthy Nutrition
- Negative Thought Control / Positive Self Talk
- Self-Affirmations
- Deep Breathing / Meditation
- Visualization / Imagery Rehearsal

A TRAINING PROGRAM
FOR MUSICIANS

PERFORMANCE CONFIDENCE

Mind-Body Awareness
The 21st Century Pathway
to Performance Confidence

CARMEL LIERTZ

REVOLUTIONARY ETUDES

Experiencing Confidence
with
The Holistic Performance Model

CARMEL LIERTZ

REVOLUTIONARY ETUDE Op.10 No.12 CHOPIN

60

Allegro con fuoco $\text{♩} = 76$

12. *fz* *legatissimo* *cresc.* *energico* *f*

The image displays a page of musical notation for Chopin's Revolutionary Etude, Op. 10 No. 12. The page is numbered 60 in the top left corner. The title 'REVOLUTIONARY ETUDE Op.10 No.12 CHOPIN' is centered at the top. The tempo is 'Allegro con fuoco' with a quarter note equal to 76 beats. The score is in B-flat major and 3/4 time. It features three systems of music. The first system (measures 12-13) includes dynamics *fz*, *legatissimo*, *cresc.*, and *energico*. The second system (measures 4-5) includes *fz* and *sempre legato con forza*. The third system (measures 7-8) includes *cresc.*. The notation includes treble and bass clefs, a key signature of two flats, and various musical markings such as slurs, accents, and fingerings.

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