

'REVOLUTIONARY ETUDES'



Can you change your perceptions about yourself, change your mindset – to create positive, effective Practice and Performance – whenever you want?

These personal journeys of tertiary performance students demonstrate emphatically that you can – by knowing how to use trusted mental and physical strategies that create simultaneously ‘mind-body edge’, ‘mind-body health’, and ‘performance confidence’!

Tertiary students’ comments after incorporating Liertz’s Holistic Strategies Program into their Lifestyle, Practice and Performance.

I felt a lot more positive and that helped my concentration. I could really believe in what I was doing, trust myself more, and when you are enjoying it, you’re concentrating because you are really into it!
(Catherine, Final Year Violinist, Etude No 1)

On stage I now know how to calm myself down and keep focused!
(Jasmin, Postgrad Violinist, Etude No 2)

I had more confidence in my ability to prepare for my recital, more awareness of eating/drinking habits, and learnt to incorporate time for negative thought control, that is, psychological health.
(Alex, 2nd Year Pianist, Etude No 3)

I was definitely more in control of my practice and a lot more in control and relaxed in performance.
(Fiona 3rd Year Flautist, Etude No 4)

I trust these strategies to work more and more every time I do them. I become more confident that every time I do this, it works!
(Sophie, Final Year French Hornist, Etude No. 5)

Carmel Liertz’s approach is groundbreaking!

Larry Sitsky
(renowned Australian Composer, Pianist, Music Educator,
Musicologist, Emeritus Prof at ANU Music School)



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.* *f* *energico*

fz *sempre legato con forza*

cresc.

REVOLUTIONARY ETUDES

CARMEL LIERTZ

STRUCTURAL OUTLINE OF BOOK

- Part 1 Background and Foundations
- Part 2 5 Etudes = The Case Studies
- Part 3 Collective View = Significant Issues
- Part 4 The Findings = Surprises; Innovations
- Part 5 The Outcomes – for the Reader
– for Performance Education

BEFORE & AFTER SECTIONS

- What you need to Know

This book is intended for college & tertiary music students; professional performers & teacher-performers with applications for all stage performers & creative designers.

- Frequently used terms
- Prologue – My Journey
- Epilogue – Universal Challenges
- List of Figures
- Recommended Reading
- About Carmel Liertz

*What do you need to feel confident
in your music performance?
A training program!*

Every musician needs a package of strategies to become a confident performer. This unique strategies program teaches and guides you, empowering you to become your own performance coach. The proven strategies enhance practice and performance, while simultaneously enhancing mind-body health and fitness for daily life.

You will discover how easy it is to incorporate six strategies into your daily life, so you can:

- Stop being your own worst critic
- Strengthen your self-belief in your performance ability
- Overcome your fear of mistakes or fear of failure
- Dismiss your nervous symptoms
- Increase mind-body awareness – to enhance your practice, performance
- Learn to manage practice and performance – positively and effectively
- Let go and enjoy your performance.

'This approach is ground breaking' (Prof. Larry Sitsky, composer, pianist, music educationalist, musicologist).

'Carmel's strategies opened my eyes to many areas of performance practice I had either neglected, or had not been exposed to. Her emphasis on nutrition and physical activity has helped me immeasurably' (Daniel McKay, Australian prize-winning guitarist and member of Guitar Trek).

'Now while on stage I know how to calm myself and keep focused ...' (James, postgraduate violinist).

'I really enjoy performing now' (Alex, pianist, B Mus student).

Carmel Liertz, performance coach, music educationalist and pianist/accompanist, researched sport psychology for many years before creating this holistic performance confidence program for musicians. Performers' resultant successes have been demonstrated in competitions, examinations and various types of gigs and concerts.

The self-managed program has won the highest praise for its effectiveness from a broad cross-section of musicians. The best reward is hearing people say after using this program, 'I feel confident!'

Why not try this out for yourself?



A TRAINING PROGRAM
FOR MUSICIANS

PERFORMANCE
CONFIDENCE

Mind-Body Awareness

The 21st Century Approach
to Performance Confidence

CARMEL LIERTZ

THE HOLISTIC PERFORMANCE MODEL – CARMEL LIERTZ

- Developing Performance Confidence: A Holistic Training Strategies Program for Managing Practice & Performance in Music (Thesis, 2002)
- Performance Confidence: A Training Program for Musicians (Book / Ebook (2009; 2012))
- Revolutionary Etudes: Experiencing Confidence with The Holistic Performance Model (Ebook / Book (2021; 2022))

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Both Books and Ebooks available at

<http://performanceconfidence.com/buy/>