'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 <u>after</u> 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

Allegro con fuoco de 76

energrio

cresc.

figura sempre legato
con forca

cresc.

problem of the control of the cresc.

cresc.

problem of the cresc.

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? (Frof. Larry Striky, composes, pranist, music educationalist, musicalogist).

"Carmel's strategies opened my eyes to many areas of performance practice! had either neglected, or had not been exposed to. Her emphasis on nutrition and physical activity has helped me immediatrably." Daniel McKey, Australian pracewoning guitarist and member of Guitar Tiefo.

Now while on stage I know how to calm myself and keep focused...."(Annun, postgradium violand)

Treatly enjoy performing now! (Alex, planes, if Miss student).

Carmel Liertz, performance coach, music educationalist and planist/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

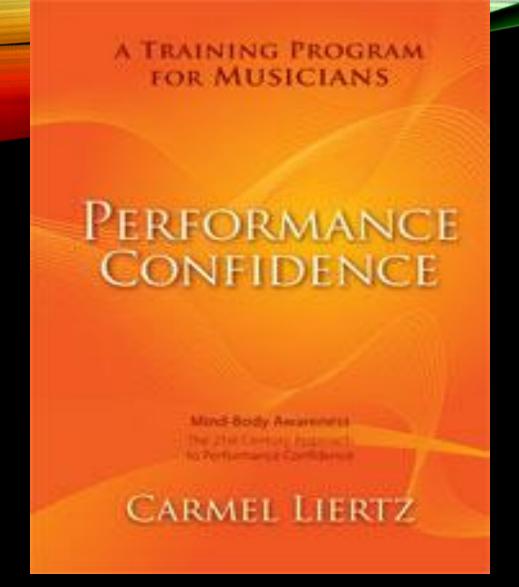
Mind-Body Awareness

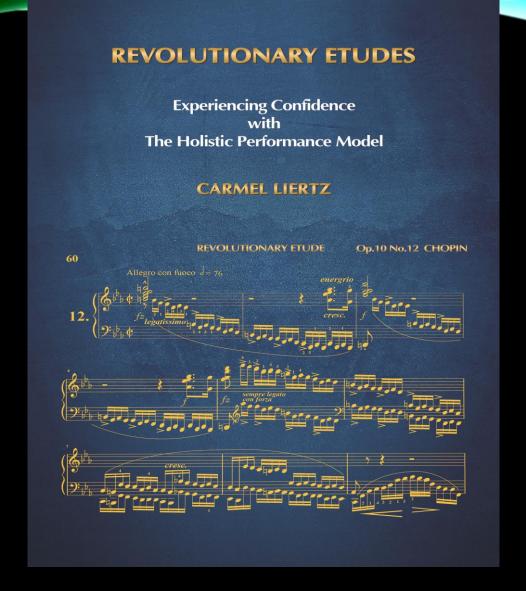
The 21st Century Approach to Performance Confidence

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)





Both Books and Ebooks available at http://performanceconfidence.com/buy/