

Friday Peak Performance Workshops

Topics in Mental Health and Good Living...for Musicians

Presented by Kevin Joyce, M.M., M.Ed., LPC

2:00-2:50 on the Following Fridays in **FERGUSON A183**

Friday September 23rd: Getting Your House in Order

This series will kick-off with this vitalizing session dedicated to setting yourself up for success in the upcoming semester, and beyond. Time will be dedicated to discovering intrinsic sources of motivation and inspiration, establishing a sense of purpose as a musician, and getting organized both “inside and out.” This session will serve as the foundation and guiding force for future sessions.

Friday October 28th: The Love/Hate Relationship with Music

Being a musician is fun, meaningful, and filled with awesome, elevating experiences. But the music life can be filled with its own unique pressures and disappointments. Frustrations can lead to depression, anxiety, and cynicism, and one can have strong bouts of self-doubt. This session will address the anxieties and worries that are particular to musicians, and will focus on maintaining resilience, passion, and positivity in the face of setbacks.

Friday November 11th: Practice, Not Perfect

Is your practicing effective? Do you enjoy practicing, or do your practice sessions feel like a tedious chore? This session will focus on how to make your practicing more organized, efficient, focused, and enjoyable. We will also address how to allow “Flow” experiences (called “being in the zone”) into your daily practice and life.

Friday December 2nd: Bringing It All Together

This workshop will serve as a follow up on the material from the first three workshops, and will provide an open forum where Kevin can answer questions related to over-all mental health and performance. Kevin will provide assistance in integrating the previous topics, and will provide coaching on how to alleviate the stress that musicians face during this particular time of year (exams, juries).

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