

Mental Training & Peak Performance – Spring 2021

Course Schedule & Guest Presenters

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Subject to modification

February 3	Course Introduction
February 10	Frederic Chiu--Emotional Practicing
February 17	The Inner Game
February 24	Alberto Almarza--Performing and Auditioning with Confidence
March 3	Jeanne Baxtresser--Relationships: The Building Blocks of a Career
March 10	Jocelyn Dueck--Building a Relationship with your Collaborative Pianist
March 17	Student Presentations
March 24	Tatjana Chamis--Orchestra Auditions
March 31	Craig Knox--Performance Optimization; Efficient Practicing
April 7	Craig Knox--Developing Mental Fortitude for Optimal Performance
April 14	Lorna McGhee--Insights from Alexander Technique
April 21	Andres Cardenes--The Power of the Mind
April 28	Willian van der Sloot--Learning with the Child Mind
May 5	Student Presentations