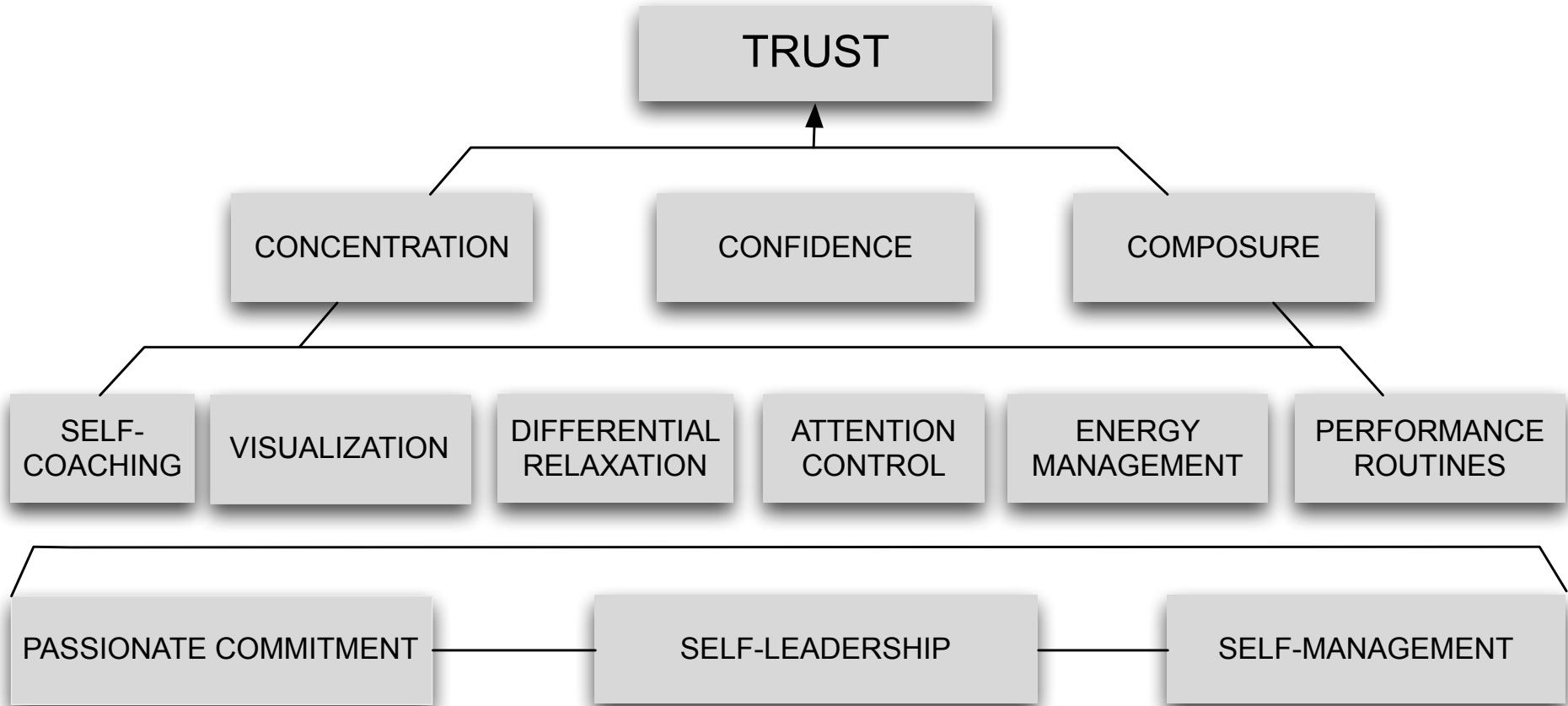


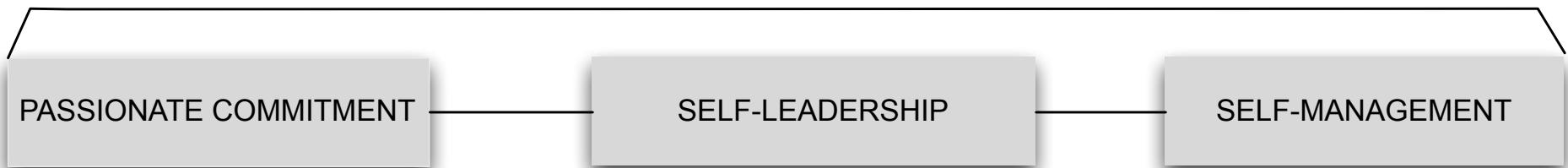


# Incorporating Performance Psychology into Your Teaching

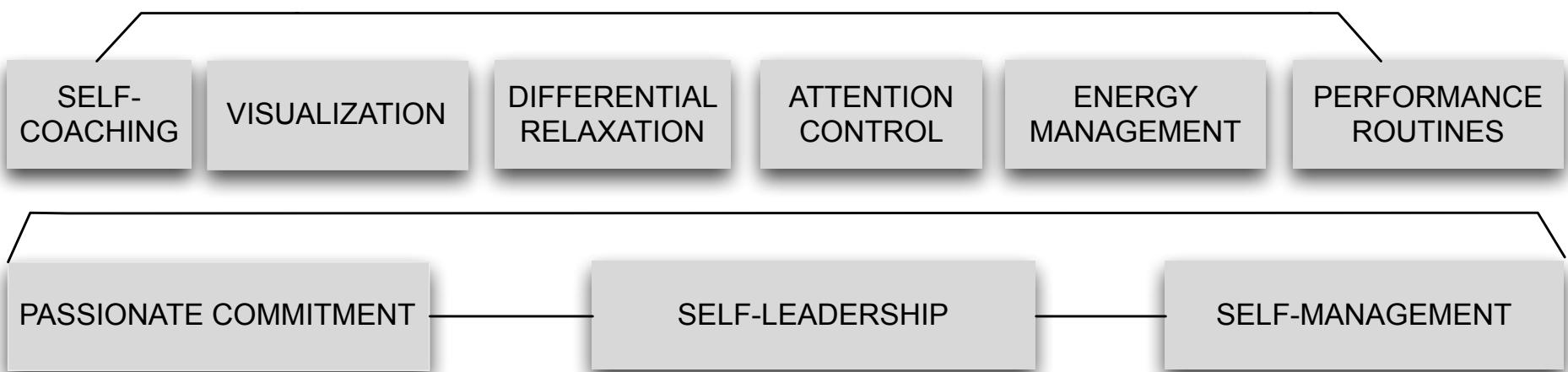
# Performance Psychology Model



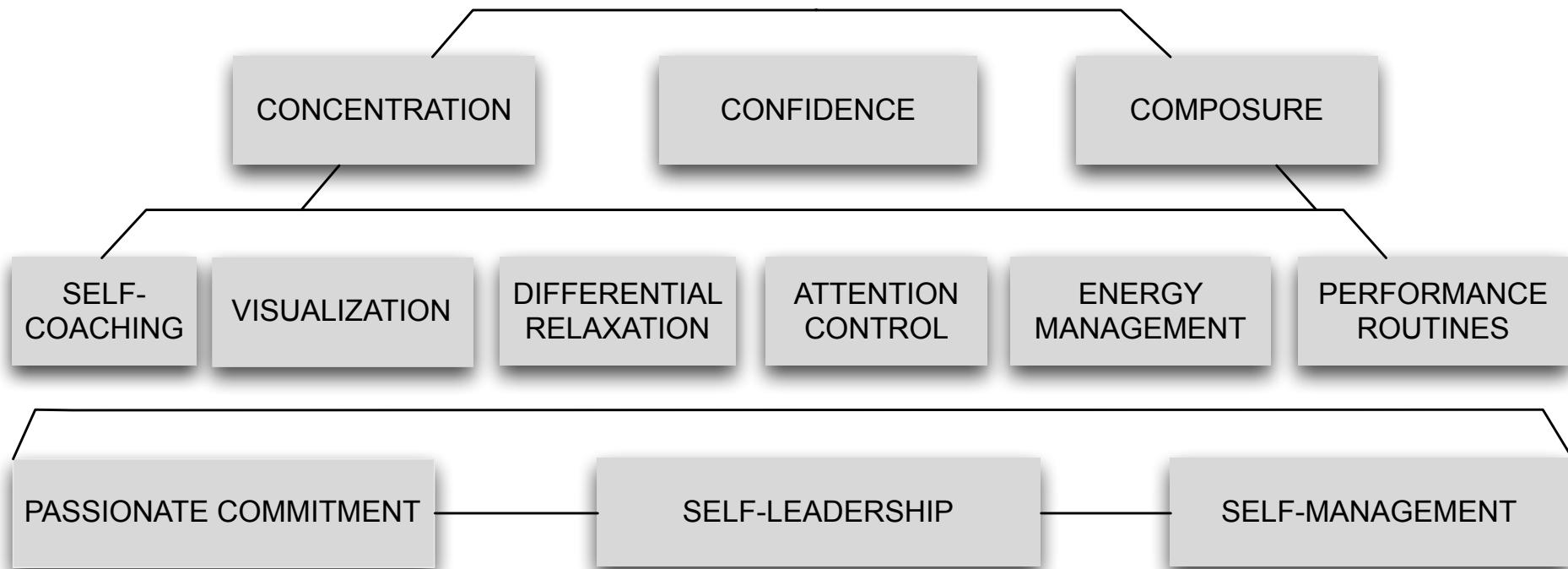
# Performance Psychology Model



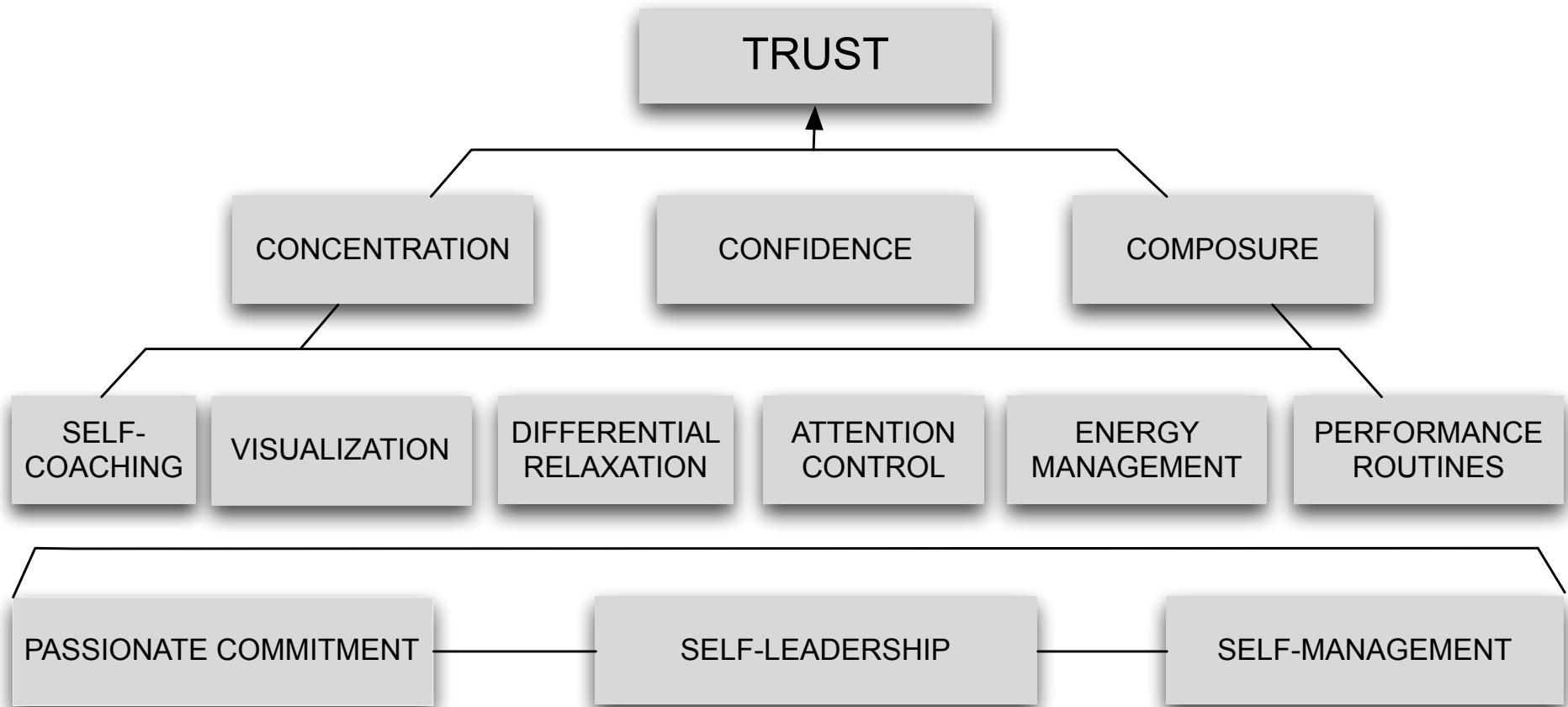
# Performance Psychology Model



# Performance Psychology Model



# Performance Psychology Model



# CONFIDENCE STRATEGIES

designed to instill a  
positive belief and  
expectation for success



# SELF-COACHING

---



“ I Should



“ I Think



“ I Feel

# AFFIRMATIONS

---

What I have is good enough, I don't need to do anything special.

Accept and adjust.



# PERFORMANCE SCRIPT

---

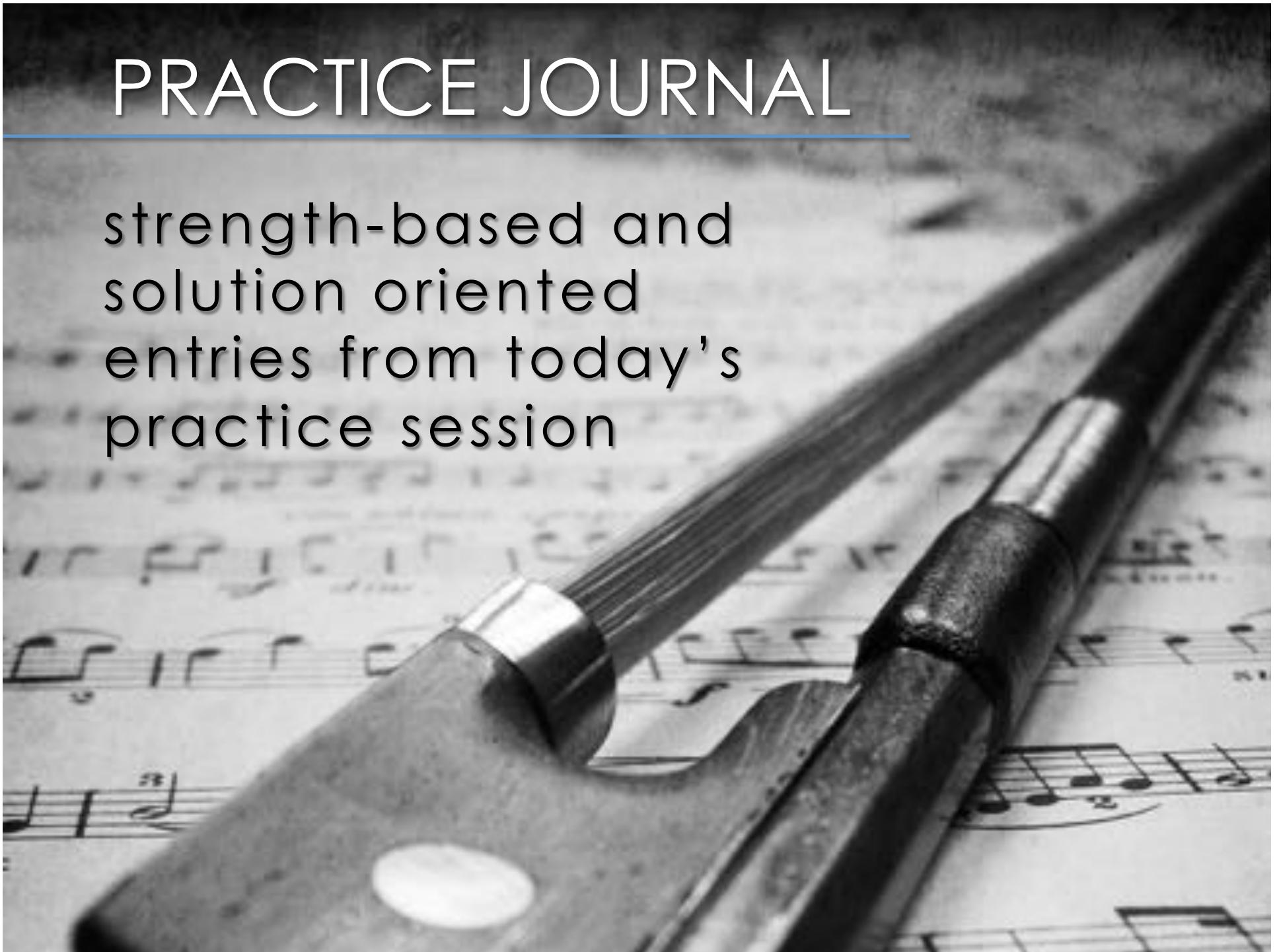


a sensory rich narrative of performing  
great from beginning to end.

# PRACTICE JOURNAL

---

strength-based and  
solution oriented  
entries from today's  
practice session



\_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Monday Practice

Location:

Conditions:

My Mood:

How was my night?

### My Goals Today

1

2

3

4

5

6

### Best Aspects of Today's Practice

1

2

3

4

5

6

### Best Solutions & Things to Remember

1

2

3

4

5

## Monday Journal

Food Log:  Amazing  Good  Not Bad  Shameful

### What I am Thankful For Today

1

2

3

4

### Goals for Tomorrow

1

2

3

4

5

# CONCENTRATION STRATEGIES

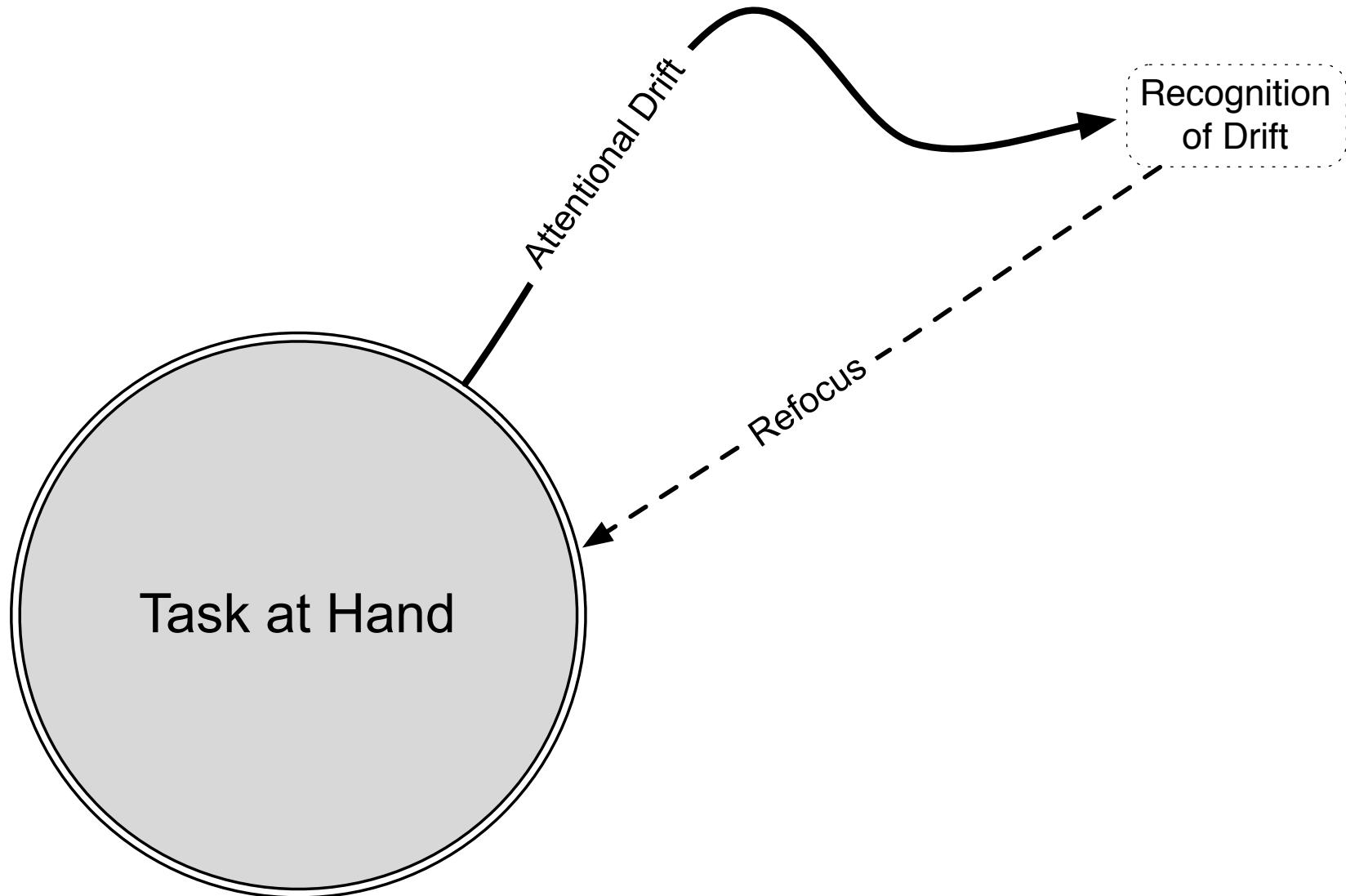
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designed to  
enhance ability to  
focus and refocus  
effectively before  
and during  
performance

# CONCENTRATION MUSCLE

---



# FOCUS PLAN

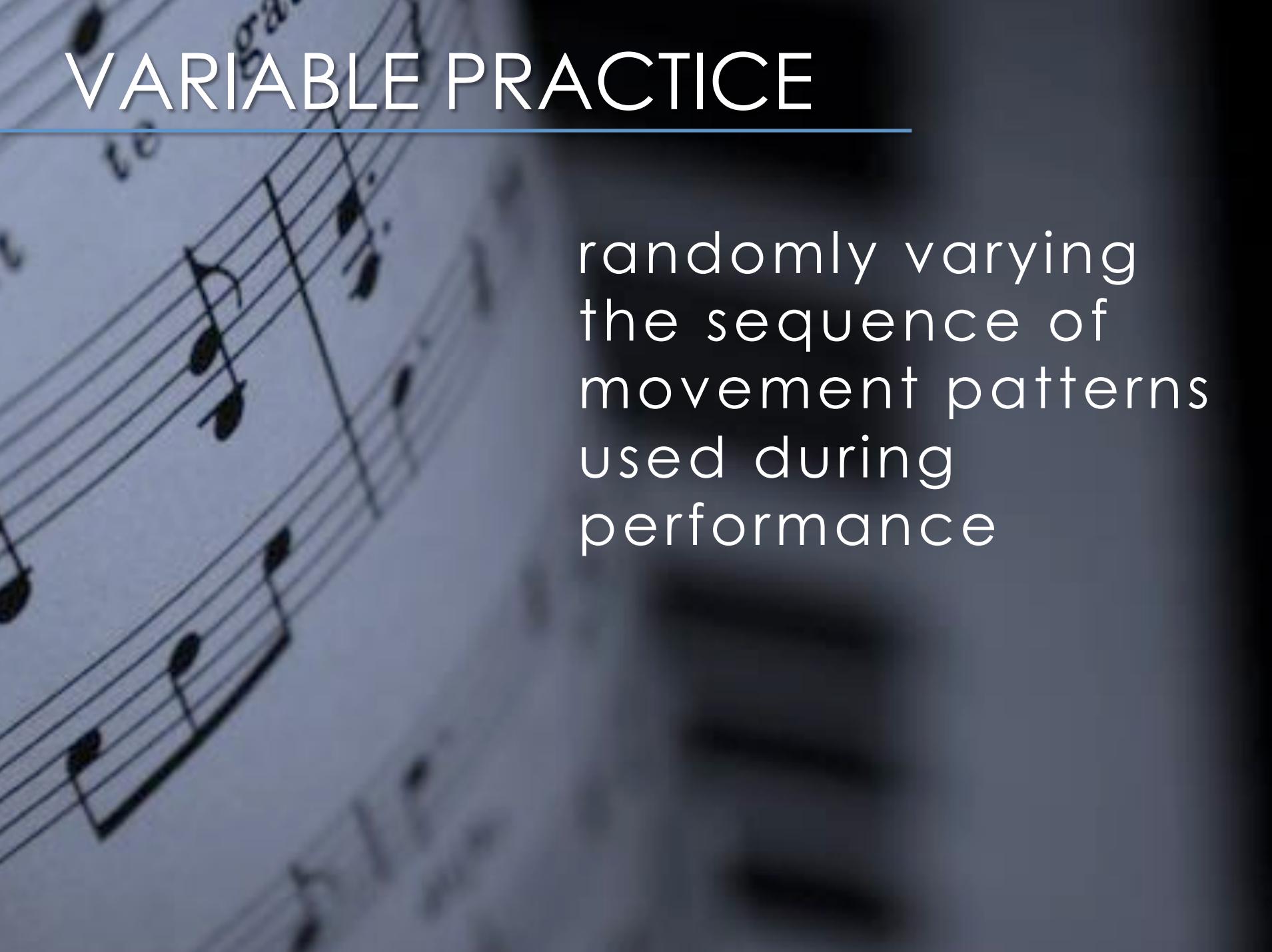
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**Map of higher-order  
aspects**

# VARIABLE PRACTICE

---

A close-up, slightly blurred photograph of musical notation on a five-line staff. The notes are black and vary in size and shape, including quarter notes and eighth notes. The staff lines are thin and light-colored. In the background, there are more musical staves and some handwritten text, possibly "Tempo" or "Adagio".

randomly varying  
the sequence of  
movement patterns  
used during  
performance

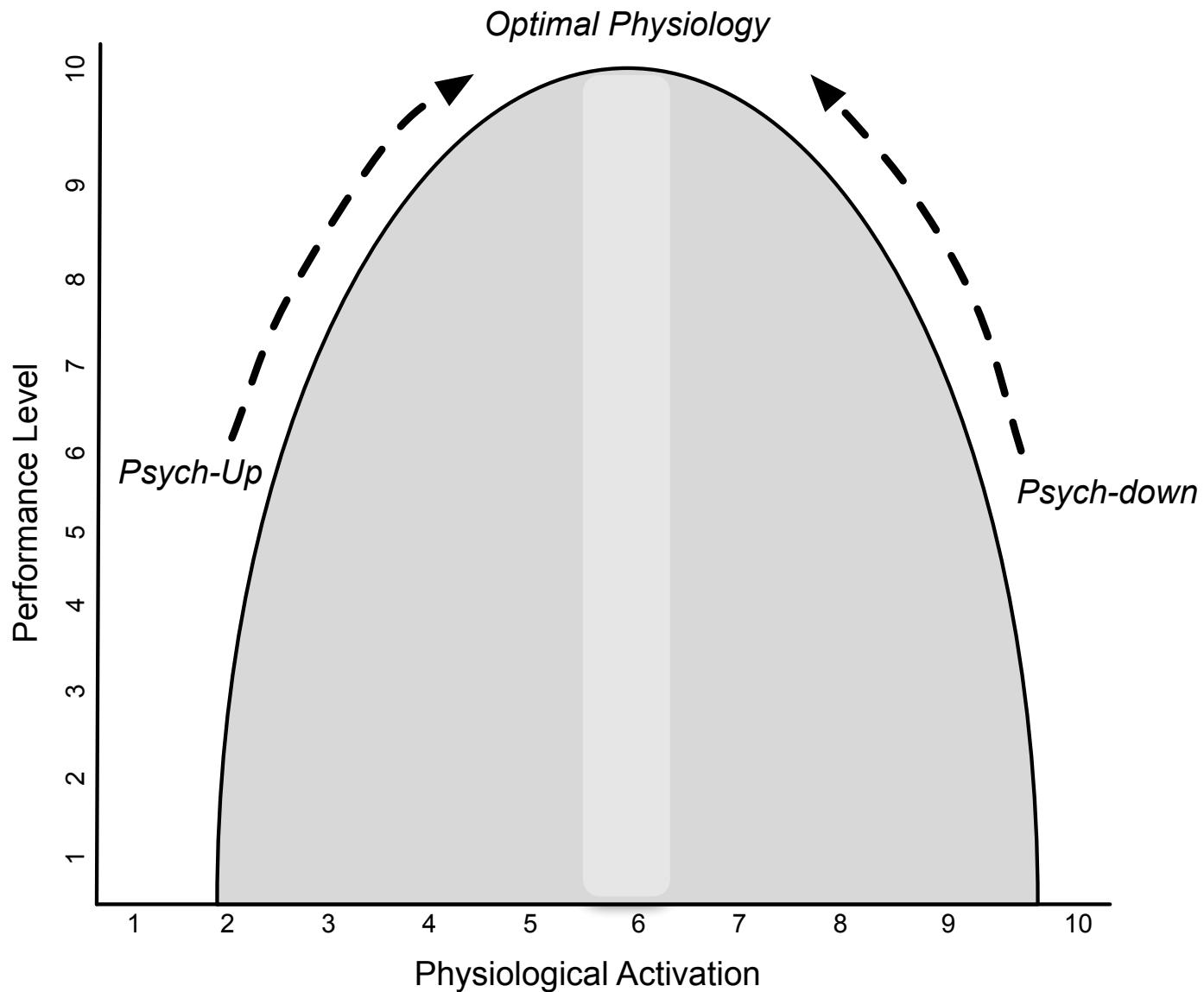
# COMPOSURE STRATEGIES

---



designed to improve  
the management of  
positive and negative  
energy leading up to  
a performance

# ENERGY MANAGEMENT



# REFRAMING PERCEIVED THREATS

---

“

**WHAT AM I AFRAID OF?**

**What is the worst thing that can  
happen?**

**HOW AM I FORTUNATE?**

**HOW CAN I MAKE THIS AN ADVENTURE?**

“

**HOW IS THIS SITUATION  
AN OPPORTUNITY?**



# GAME PLAN EXAMPLE

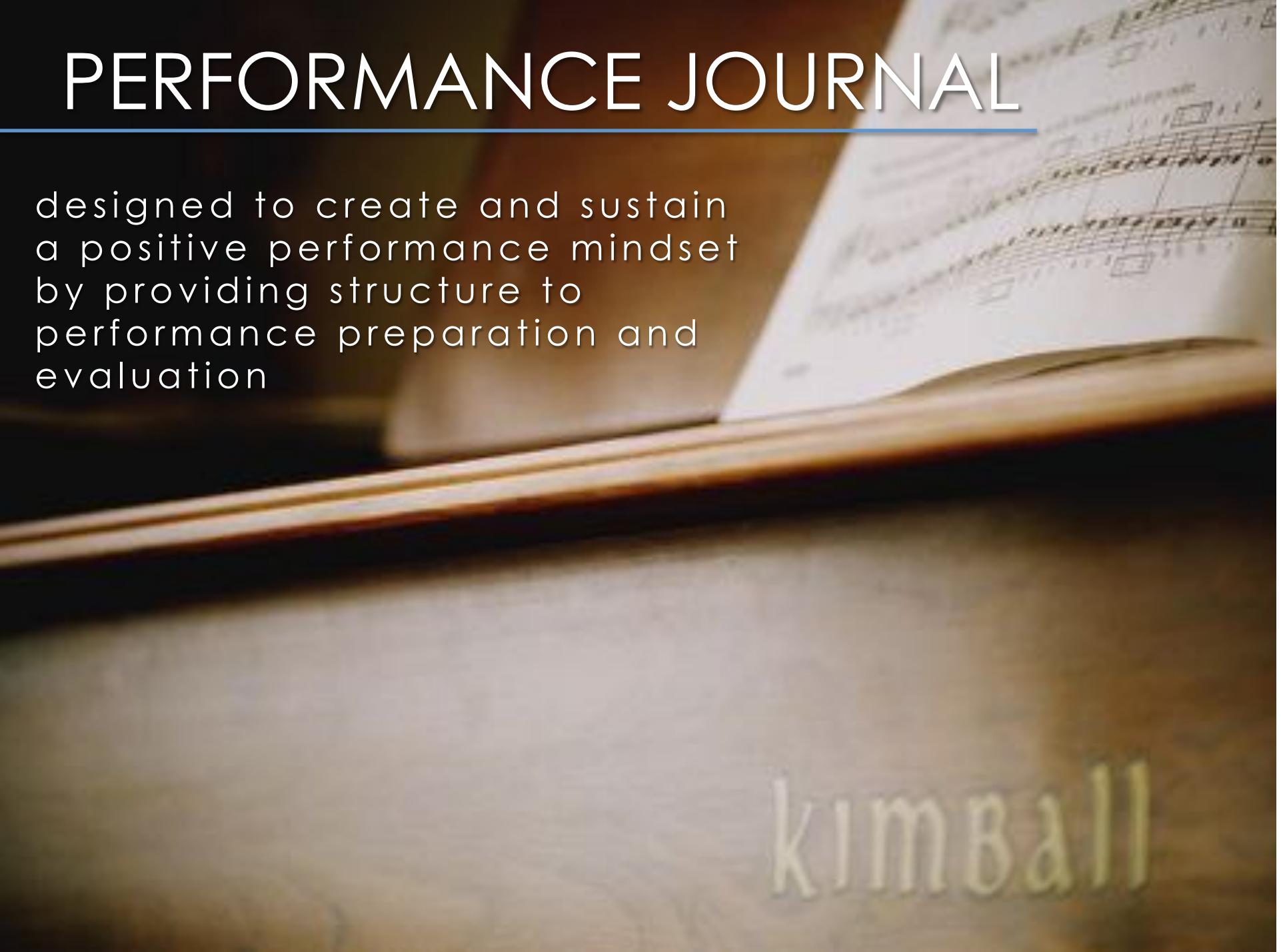
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GAME PLAN
6:45: Wake up, brush teeth, read mastery script
7:30: Breakfast at Starbucks with family
8:30: Leave for concert hall to practice
9:30: Reread Mastery script
11:00: Leave for lunch
11:30: Lunch with Mark
12:45: Dress/hair/start makeup backstage
1:00: Warm up on stage in dress/hair/makeup
1:30: Leave & go backstage, read mastery script
2:00: Recital begins
2:45: 2nd half begins
3:15: Recital ends - go back stage
3:20: Reception begins
4:00: Reception ends

# PERFORMANCE JOURNAL

---

designed to create and sustain  
a positive performance mindset  
by providing structure to  
performance preparation and  
evaluation



kimball



# PERFORMANCE JOURNAL

**Performance Goals**

**Game Plan**

**Performance Script**

**Performance Notes**

post

# PERFORMANCE JOURNAL

Post-Performance Evaluation	
Location:	Difficulty:
Conditions:	Self-rating:
Pre-performance Warm-up	
How I felt going into this performance:	
Best Aspects of My Performance	
Best Aspects of Beginning:	
Best Aspects of Middle:	
Best Aspects of Ending:	
Best Passage:	
Best Musical Expression:	
Best Technical Execution:	
Best Recovery:	

Post-Performance Evaluation	
Best Solutions	
Musical Solutions:	
Technical Solutions:	
Mental Solutions:	
What I Enjoyed Most About This Performance	
Things to Remember	
1	
2	
3	
4	
5	

# Creating a Positive Performance Mindset

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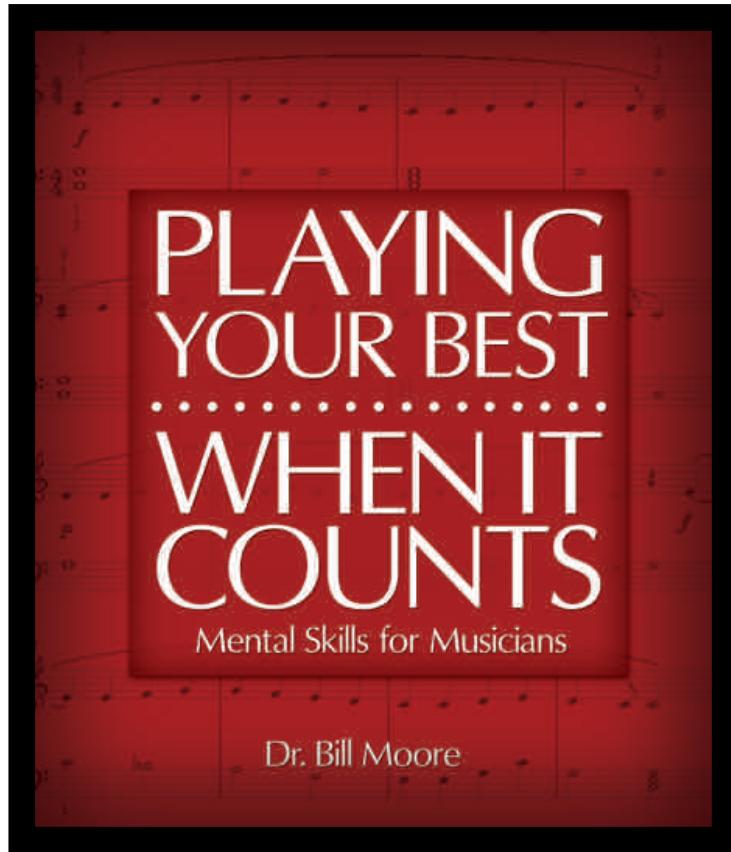
**BUILD A FOCUS PLAN**

**REVISE YOUR PERFORMANCE SCRIPT**

**ENGAGE IN VARIABLE PRACTICE**

---

**DEVELOP A GAME PLAN**

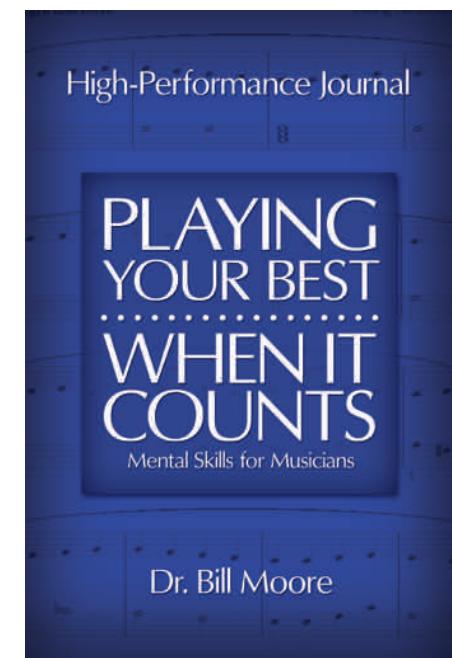
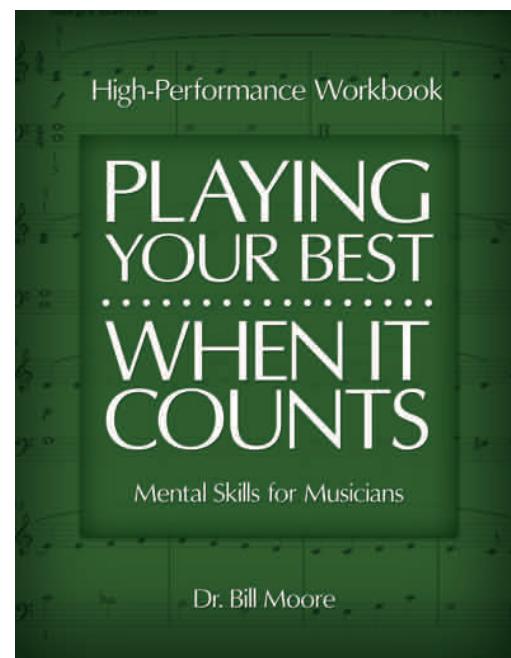


[www.PlayingYourBest.com](http://www.PlayingYourBest.com)

# RESOURCES



*"Play your best when it counts"*



# THANK YOU!



"Play your best when it counts"