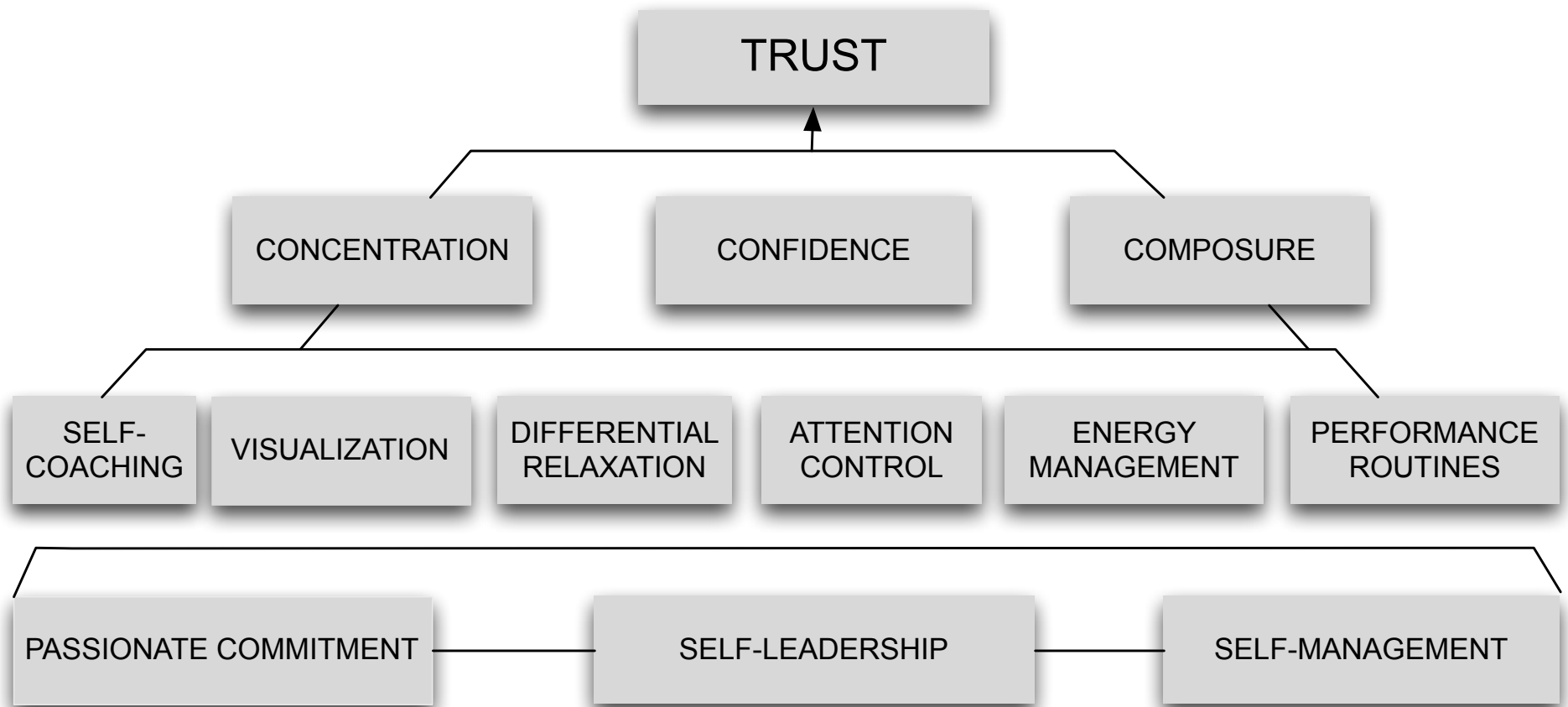


Incorporating Performance Psychology into Your Teaching

Performance Psychology Model



Performance Psychology Model



PASSIONATE COMMITMENT

The diagram illustrates the Performance Psychology Model. It features three gray rectangular boxes with a slight 3D effect, arranged horizontally. The first box on the left is labeled 'PASSIONATE COMMITMENT', the middle box is labeled 'SELF-LEADERSHIP', and the third box on the right is labeled 'SELF-MANAGEMENT'. Each box is connected to the next by a thin horizontal line. A large, thin black bracket spans the top of all three boxes, grouping them together.

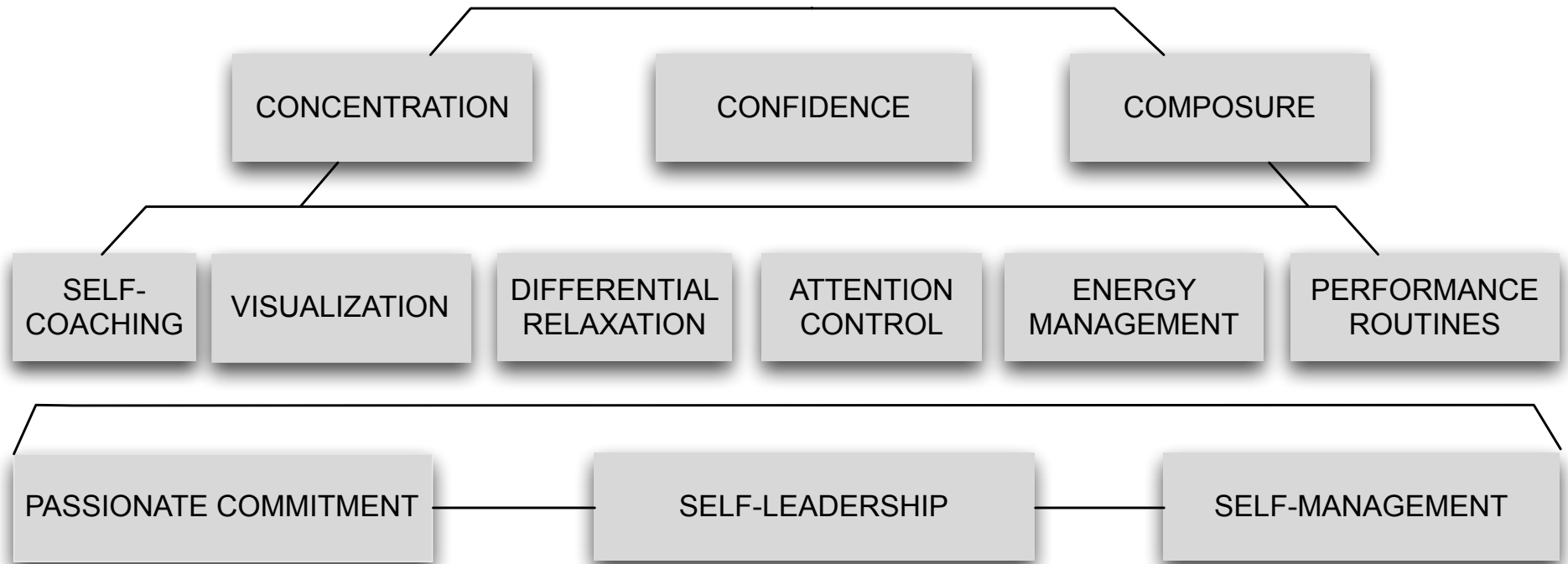
SELF-LEADERSHIP

SELF-MANAGEMENT

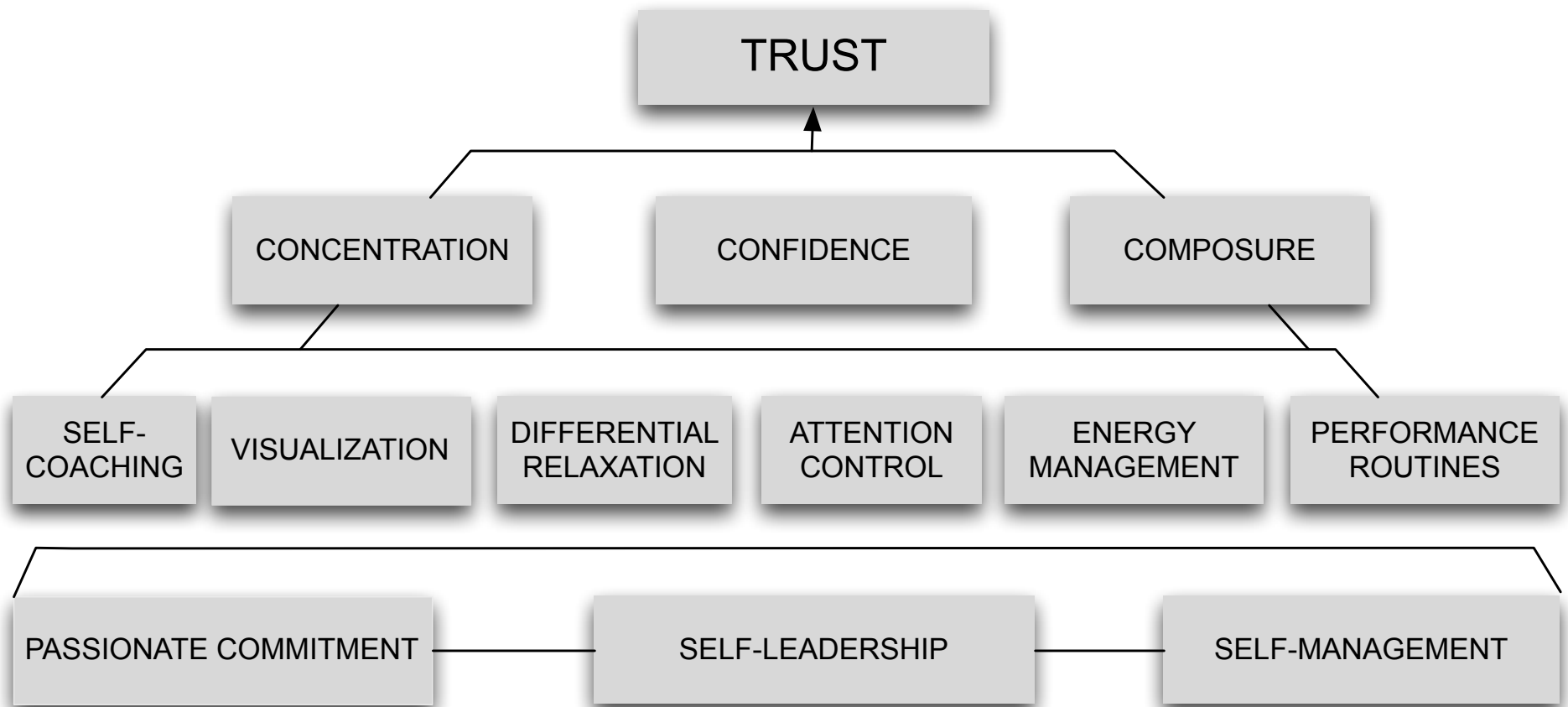
Performance Psychology Model



Performance Psychology Model



Performance Psychology Model



CONFIDENCE STRATEGIES

designed to instill a
positive belief and
expectation for success



SELF-COACHING



parent

“

I Should

adult

“

I Think

child

“

I Feel

AFFIRMATIONS

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

Accept and adjust.

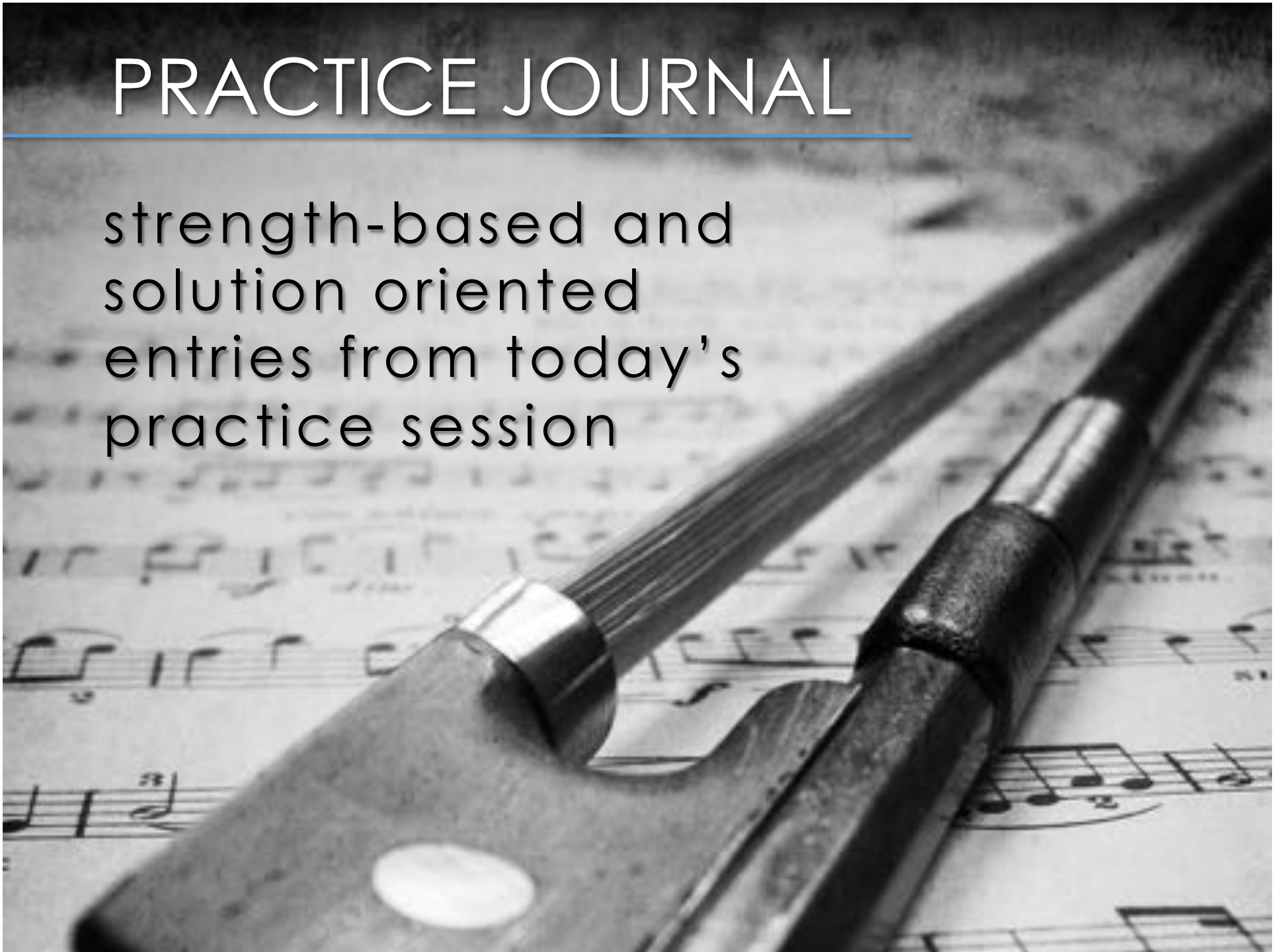


PERFORMANCE SCRIPT

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

PRACTICE JOURNAL

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

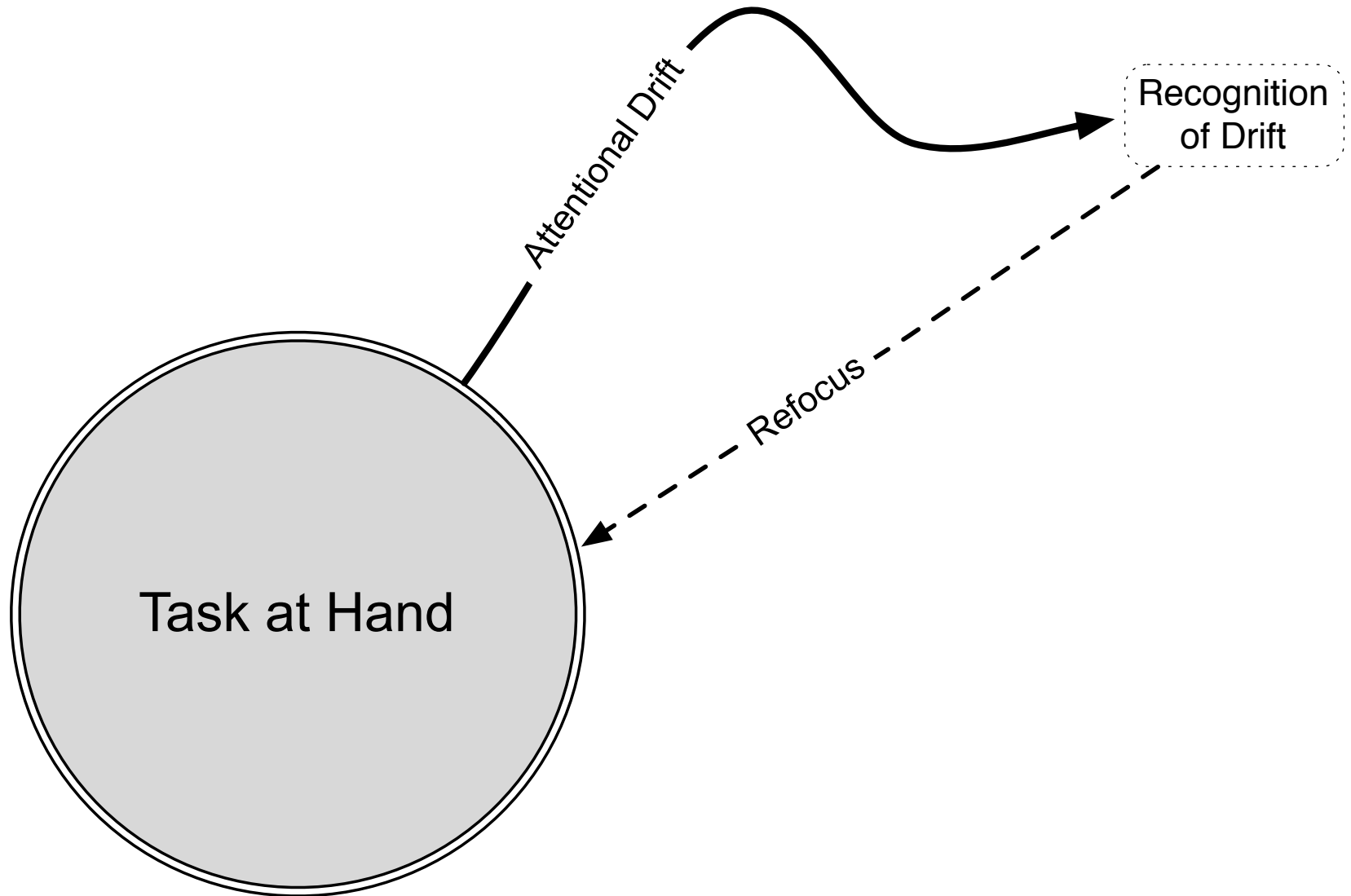


CONCENTRATION STRATEGIES



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

CONCENTRATION MUSCLE



FOCUS PLAN



Map of higher-order
aspects

The background of the slide is a dark, blurred image of musical notation on staves. The notes and lines are visible but out of focus, creating a textured, artistic backdrop. The title 'VARIABLE PRACTICE' is overlaid on the top left in a clean, white, sans-serif font, underlined with a thin blue line.

VARIABLE PRACTICE

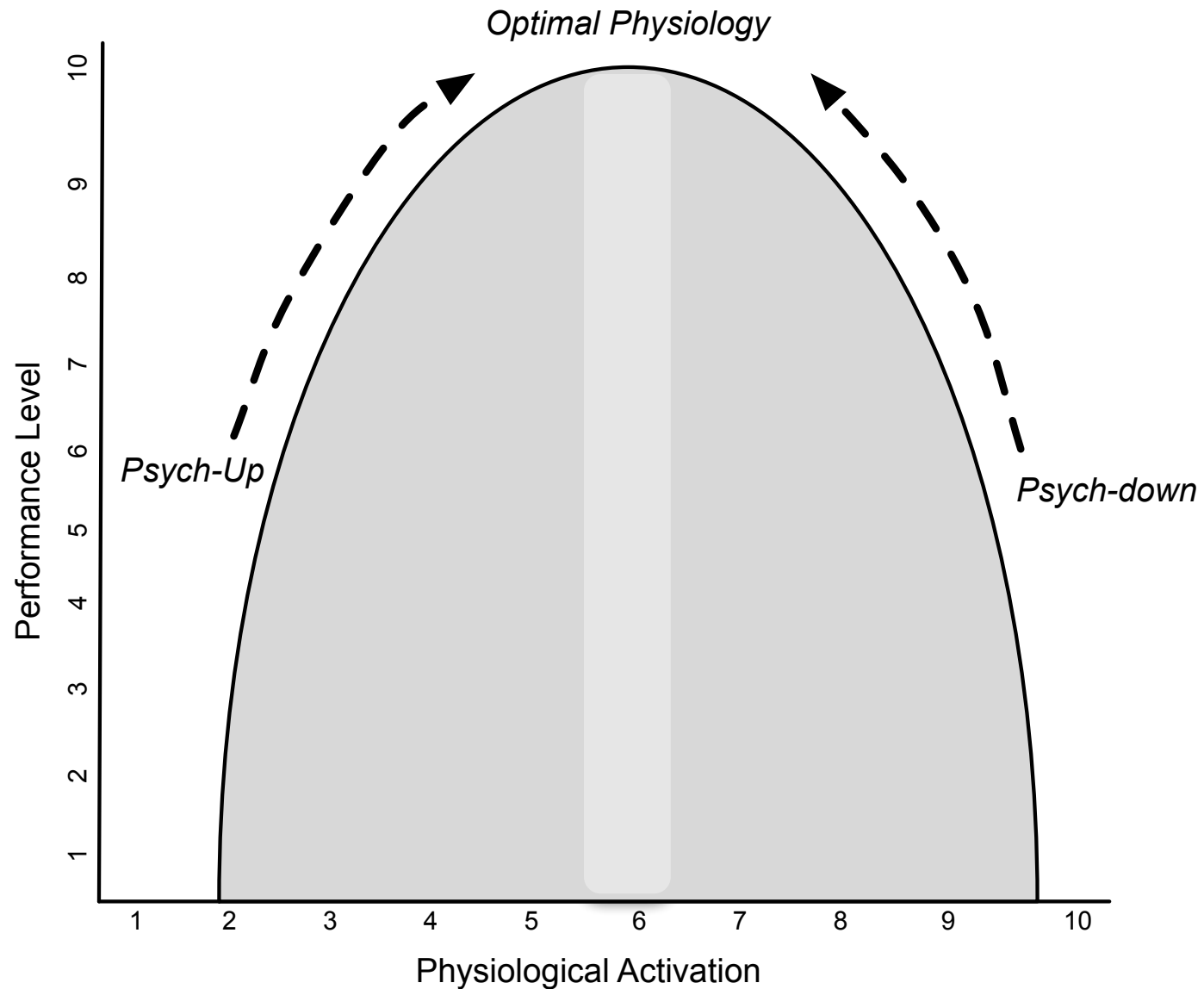
randomly varying
the sequence of
movement patterns
used during
performance

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

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

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



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

————— **BUILD A FOCUS PLAN**

—— **REVISE YOUR PERFORMANCE SCRIPT**

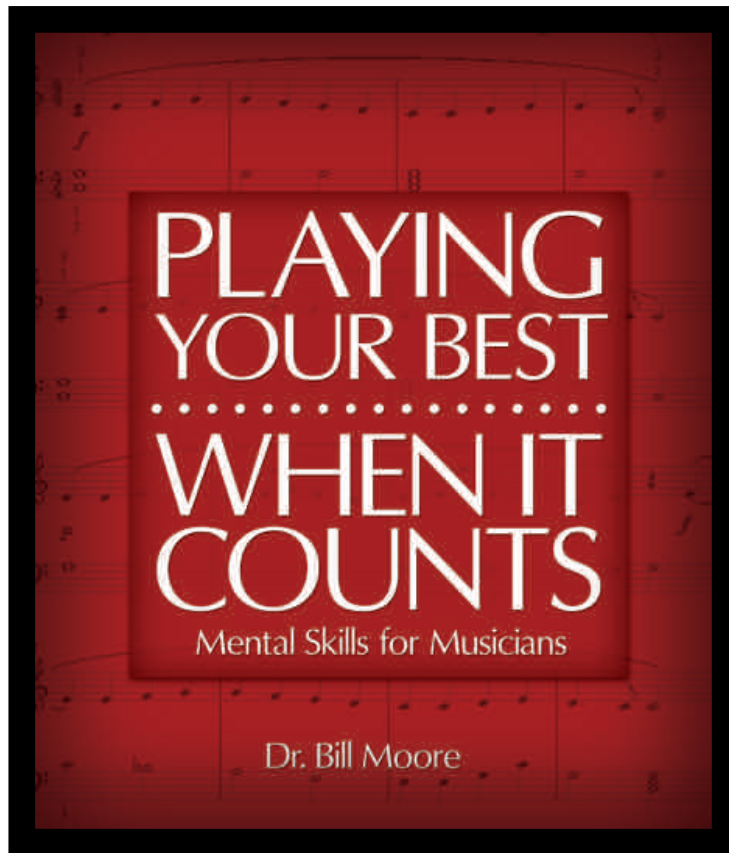
———— **ENGAGE IN VARIABLE PRACTICE**

———— **DEVELOP A GAME PLAN**

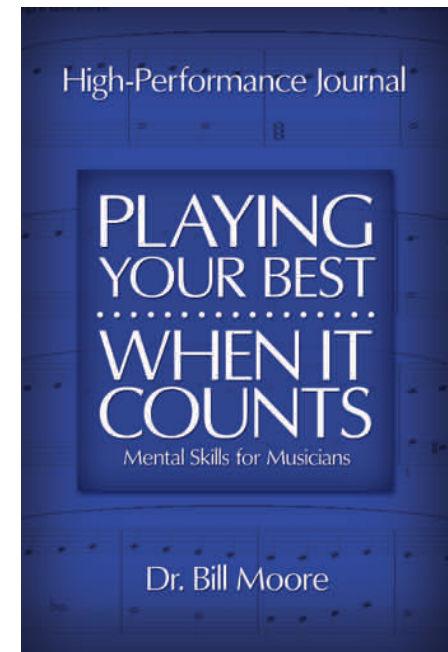
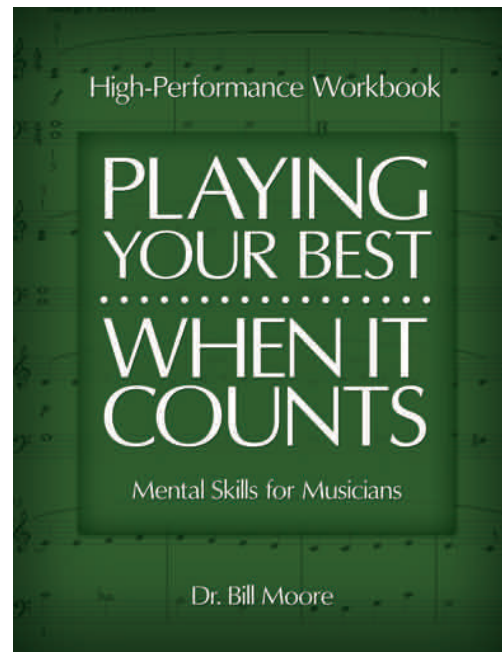
RESOURCES



"Play your best when it counts"



www.PlayingYourBest.com



THANK YOU!



"Play your best when it counts"

"Play your best when it counts"