

President's Letter

It's November already!

Our Multiple Piano Festival is looming on the horizon. It promises to be one of our best ever. A huge round of thanks and appreciation to all the teachers who volunteer so much time, effort and enthusiasm to make this event so successful. Once again, Karen Ziegler and Talise Chandler have done a superlative job of almost superhuman organizing and planning to have things working so smoothly. Thanks to all the many other teachers, too numerous to list, who put in the hard work preparing students and volunteering for all the jobs. If you've never attended, or are curious about what the Multiple Piano Festival is, please consider attending the concert, Saturday, November 22 at 7 pm at Skyline High School in Longmont.

We won't be having a meeting in December, but don't forget the brunch at Panera in Longmont, Wednesday December 17th at 9 pm. We have a great time in an informal setting, and it's a great place to catch up with each other.

Our monthly programs have been excellent this year. Last month's presentation by David Korevaar was wonderful and inspiring. Mark your calendars for January 21, February 18 and March 18----programs start at 10 o'clock at Harvest Baptist Church.

Have a wonderful Thanksgiving, and hope to see you at Skyline High School on the 22nd!

Toby Tenenbaum

PIANO RECITALS IN LONGMONT

The Heart of Longmont Methodist Church (formerly First United Methodist Church) at 11th and Emery in Longmont is now available for personal recitals.

There is a fine Young Chang 7' grand in the sanctuary, and space for receptions in the Gallery. The cost is \$50 and reservations should be made directly with Ty Stewart in the office at [303-776-3523](tel:303-776-3523) or ty@heartoflongmont.org

Please contact Lois Abbuhl, 303-682-0509

loisabbuhl@gmail.com for more information. If you want to move the piano, there are some cords inside for the humidifier and mike, so care must be taken. Lois will meet with you and show you that as well as the lights, etc. before you use the church for the first time.

Conquer Stage Fright: Perform with Confidence!

On November 10th at the Boulder Piano Gallery from 6:30p.m. to 8:00p.m. Students of all ages and teachers are invited. Your instrument will not be needed.

“So what are some things that you have heard about how to deal with stage fright?” This was the question that I used to start a workshop at a summer music camp. I heard the usual answers such as take a deep breath, pretend the audience is in their underwear and practice a lot. Then someone said “eat a banana.” This young student explained that she was told by her teacher that that there was something in a banana that prevented you

from getting stage fright and it worked. Then someone else said that eating a banana worked for her. I had never heard about the performance benefits of eating a banana. I was skeptical. So I did some research. I talked with a psychiatrist and he had never heard that bananas helped with anxiety. Next I looked in the research journals. No research. Then I looked in Google. I found a lot of stories about the “something” in a banana, possibly potassium or serotonin, that calmed the mind and body and could prevent stage fright.

I have seen very talented young performers eating bananas prior to recitals and even competitions in hopes that it will help with their anxiety. So if the number of banana-eating performing artists is growing it must be a good idea, right? Let’s get real for a moment. If there was enough of “something” in a banana to make a difference with anxiety, bananas would be a controlled substance and you would have to get a doctor’s prescription and buy your bananas at a pharmacy. Until I see some research I believe the so called "calming effect" of eating a banana on based in the placebo effect. The placebo effect is powerful, but not as powerful as the truth about managing performance anxiety. Don't let your students become banana eaters!

In *Conquer Stage Fright: Perform with Confidence!* you will learn:

- The physiology and psychology of stage fright
- The research-based strategies to manage anxiety
- The Optimal Activation Window
- The Five Stages of Peak Performance
- The Optimal Performance Mindset

Fee: \$25.00 (Parents of younger students are welcome to attend with their registered child)

You can register at the Boulder Piano Gallery 303-449-3177 or on-line at <http://www.jonskidmore.com/>

How to Teach the Skills of the Performer's Mindset to Music Students

Just before the recital started I watched a student approach her teacher and

announce, "I am nervous." The teacher instantly looked concerned and helpless.

There was an awkward pause followed by an encouraging, "You will do fine." It

was obvious that the student did not feel reassured as she sat down and

anxiously waited for the recital to start.

I believe that if this teacher and student had been taught the tools and skills of the Performer's Mindset the conversation would have gone more like this. Student says, "I'm nervous." The teacher responds with, "So you are activated." The student responds with, "Yea, I guess so." The teacher responds with, "Jenny, for the last seven weeks we have talked about the skills you can use to manage your performance mindset. What are your trigger words?" The student says, "Bold, Confident and Dynamic." The teacher says, "Great! Practice managing your

mindset and do the breathing exercises you have learned. We will talk about how these performance skills worked at your next lesson. We need to start the recital. You will do fine!"

At 11:30a.m. to 2:00p.m. music teachers and advanced students are invited to attend. Your instrument will not be needed.

In *How to Teach the Skills of the Performer's Mindset to Music Students* you will learn how to teach your students:

- The Five Stages of Peak Performance
- The Optimal Performance Mindset
- Ten lesson-ready, three-minute, performance skill modules
- To prepare mentally for auditions and recitals
- To manage disappointing performances
- To enjoy performing

Fee: \$45.00

You can register at the Boulder Piano Gallery 303-449-3177 or on-line at <http://www.jonskidmore.com/>

The tools and skills of the Performer's Mindset create freedom on stage. Please tell your friends, students and fellow teachers about these workshops. Feel free to contact me if you have any questions. I hope to see you there. I personally guarantee you will be glad you took the risk!

Step up, Risk, Enjoy!

Dr. Jon Skidmore, Psy.D.

Performance Coach/Licensed Psychologist

<http://www.jonskidmore.com/>

<mailto:jon@jonskidmore.com>

801-426-2685

The Boulder Piano Gallery is located at 3111 Walnut Street Boulder, Colorado.

Phone number to call for registration is 303-449-3177.

Dr. Jon Skidmore is committed to getting the psychological tools of peak performance and mental toughness into the minds and hands of performers of all ages and stages. He is a performance coach, practicing psychologist, educator, researcher and musician. He teaches the *Psychology of Music Performance* at the Brigham Young University School of Music and has a private psychological practice in Orem, Utah.