

# CARMEL LIERTZ (AUSTRALIA)



Pianist and innovative educator, Carmel Liertz, is an international performance coach with an extensive background in Performance, Performance Education and Performance Research. Tertiary performance and pedagogy studies were undertaken in Australia and Germany. While teaching performance at university she became interested in applying sport psychology's mental training and sport nutrition principles to musicians' performance. Carmel created the first Performance Confidence Training Program for Musicians with her education thesis, 'Developing Performance Confidence: A Holistic Training Strategies Program for Managing Practice and Performance in Music'. The book / ebook 'Performance Confidence: A Training Program for Musicians followed (2009; 2012). In September 2021, her new ebook 'Revolutionary Etudes: Experiencing Confidence with The Holistic Performance Model' was published. Liertz's signature 'Mind-Body Awareness' approach develops mind-body fitness and performance confidence simultaneously. This holistic approach also assists in recovery from burnout, chronic fatigue, and physical injuries. Carmel Liertz specialises in personalised one-to-one coaching and workshops for performance confidence, self care and recovery. Among her research interests are Mind-Body Connections and Stress-Health-Performance Relationships.

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## ***New Self Care Considerations: Mind-Body Health Governs Performance Outcomes***

This talk accompanying my powerpoint presentation looks at the present world crises affecting our mind-body health, and how a nurturing self care approach assists to boost and protect our mental and physical health. A foundational self care program of lifestyle-oriented mind-body strategies is advocated - to be also incorporated within the everyday life and work of tertiary performance students, professional pianists, teachers, creative artists and presenters - in order to reduce stress levels, and increase positive mental and physical states that promote mind-body fitness and performance confidence. Scientific research confirms that the mind-body systems of the brain-heart-immune-gut are interacting, affecting each other - telling us clearly, that mind-body health governs performance outcomes.



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