

Pianist and innovative educationalist, Carmel Liertz, is an international performance coach with backgrounds in Performance, Performance Education, and Performance Research. Performance and pedagogy studies were undertaken in Australia and at Munich's Hochschule für Musik und Theater. Two decades later, as guest at six leading performance institutions in Germany and Austria, she experienced the teaching styles and conversations with renowned performer-teachers Klaus Schilde, Pavel Gililov, Alfons Kontarsky, and Paul Badura-Skoda. Later, a master lesson with Prof. Lev Vlassenko to trial videoconference technology for music performance proved so successful, that this led Carmel to apply for a university grant to pioneer Videoconferencing for Music Performance in Australia. Her thesis 'Developing Performance Confidence: A Holistic Training Strategies Program for Managing Practice and Performance in Music' is reflected in her two books/ebooks - 'Performance Confidence:' (2009; 2012) and 'Revolutionary Etudes:' (2021; 2022). Her 'pioneering mind-body awareness programme' has been featured twice in International Piano Magazine - most recently in 2018 Sept/Oct Issue No. 51 - 'In Mind And In Body'.



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How to Overcome Overwhelm - So You Perform at Your Best

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The present clash of world challenges is affecting people worldwide with feelings of overwhelm. This topic is discussed in business, but is not so apparent in health and education, though the state of overwhelm can easily diminish health, self-belief and confidence, affecting musicians' work performance and performance ability. This presentation suggests that being 'process-focused' rather than 'outcome-focused' assists to address the complexities performance presents, thereby increasing confidence, and diminishing stress and anxiety that generally appear with overwhelm. Liertz's 'process' approach for performance complements her health-oriented mental and physical strategies program, both outlined in her thesis and books. By focusing on the task at hand with mind-body health maintenance, one can learn to manage and overcome overwhelm, whenever it appears.