



**SUSANNA KLEIN**

PRACTICE MAVEN | PRACTIZMA.COM

# WORKSHOP OFFERINGS BY PROFESSOR SUSANNA KLEIN



## EMPOWERED PRACTICE

The Psychology of Empowered Practice teaches students how to create habits that allow them to see their progress, build motivation, and become confident over time. This interactive workshop delves deep into practice psychology, habit building, and neuroscience. Small changes in behavior can jump-start inspiration and motivation.

Subtopics covered:

- Building Community
- Sparking Inspiration
- Habits for Confidence
- Making Time for Practice
- Empowered Recording
- Balance in Practice

## TECHNOLOGY IN PRACTICE

With an iPad and a screen, I demo some of the coolest music and sports apps for efficient and fun practice. With student volunteers from the class, we take a tour through apps that help us easily record ourselves, build rhythm skills, gamify practice, and learn what our bodies are really up to. Includes a handout with links to all the apps for IOS and Android.

Includes:

- Recording Apps
- Video Delay Apps
- Randomizing Apps
- Rhythm Building Apps
- Sports Apps for Music



**Practizma (praak-TIZ-mah):** a feeling of efficiency, empowerment, and joy associated with practicing music.

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## DISCIPLINE AND RESILIENCE BUILDING FOR MUSICIANS

This workshop is designed to help students hone two of the most important habits:

**Discipline [dis-uh-plin]:** showing up regularly, focusing on the right thing, working efficiently, observing sprint/rest cycles, and chipping away at your craft.

**Resilience [re-sil-yuhns]:** pushing through when things get tough, accepting and learning from failures, taking on risk, soliciting feedback, buoyancy, really going for it instead of playing it safe, getting out there.

Students complete a self-assessment in D&R and learn how to become more disciplined, focused, and daring. Students learn about habit tools, structures, and resources for building D&R.

## STAGE FRIGHT TRAINING

This workshop uses a heart rate monitor to show students what really happens to our bodies when we feel stage fright. Students learn about the science of adrenaline, and how to work with their bodies to learn to cope. Hands-on with audience volunteers, includes take-home handouts, plus Q&A.

Subtopics within the workshop:

- The Science of Neurotransmitters
- Onstage Interventions
- Practice Room Intervention
- Simulation Training & Gamifying
- Backstage Interventions





## THE ARTIST ATHLETE: INJURY PREVENTION FOR MUSICIANS

Protect the asset! Injury rates among musicians are epidemic but entirely preventable. This presentation covers everything NASM wants schools to warn their students about: statistics, realities, and most importantly, prevention strategies. Safe practice is also the most effective practice, so it's a win-win. The workshop can be presented for instrumentalists alone, or instrumentalists and singers. Students leave with a handout and a sense of empowerment about efficient practicing and taking care of themselves. Includes take-home handout and info for your student handbook or website, plus Q&A.

### Covered Topics:

- How widespread are injuries in the music field?
- Best injury prevention techniques
- What are the most common injuries?
- Hearing damage facts and prevention info
- What causes or contributes to injuries?

## THE ANATOMY OF DELIBERATE PRACTICE

What does it mean to engage in transformative, deliberate practice? Students learn methods for breaking down skills and synthesizing skills before performance. This workshop's premise is that a musician imagines sound and moves their body to create that sound. What are all the ways we can imagine more brightly and recalibrate our movement in practice so that it sticks? The workshop is hands-on, with instruments in hand.

### Subtopics within the workshop:

- Training/Repertoire/Mental Practice /Performing
- All the Ways to Break Down Our Repertoire
- Varied, Spaced, Interleaving and Exaggeration Practice

