

Free Resources

Description

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To Help You Beat Nerves, Build Confidence, & Make Every Day a Good Practice Day

Have you ever been frustrated by things in the practice room not “sticking?”

Or wondered why performances can be so inconsistent from one to the next?

It’s easy to conclude that you just have to practice more (and sure, sometimes that doesn’t hurt!), or that you’ve reached the limits of your ability.

But more often than not, it has more to do with *how* you’re practicing – not how *much*.

Practicing for skill vs. practicing for performance

Research tells us that practicing effectively is a skill. And that performing up to one’s full abilities under pressure is also a skill – both of which are unique challenges, requiring different methods of preparation. Methods that are often left out of our daily practice, because they’re not always the most intuitive.

Want to try some new practice techniques?

So if you’ve been feeling stuck on a practice plateau, or have been frustrated with your experiences on stage, join 48,000+ other musicians and sign up below to become a subscriber.

It’s 100% free, and you’ll get:

- **The weekly newsletter**, which will arrive in your inbox every Sunday morning with a new research-based practice hack to try.
- *Practice Hacks*, a **downloadable PDF** that will teach you the number one thing that top performers do differently in the practice room.
- *Pressure Proof*, a 6-part **email mini-course** where you’ll learn several practice strategies and techniques designed to help you shrink the practice-performance gap, and play more like yourself on stage.
- Plus, you’ll get first dibs and special offers on new [courses and workshops](#).

Sign up below to get started today!

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