

# 13th Swiss International Music Academy

Musikinsel Rheinau - Switzerland  
masterclasses - workshops - concerts

July 14th - July 23rd, 2023



## Workshop „path to mental strength“

This workshop invites you to extend your knowledge and skills about practicing and Performing on stage. What motivates us to practice every day? It is the desire to improve one's skills, to be successful. Successful at practice, in class, at competitions, in concerts. We are seeking inner freedom, personal expression and the courage needed to perform on stage. Together we get to the bottom of questions like:

- Who defines what is easy and what is difficult?
- Where do the thought patterns come from, that we often adopt without reflection?
- Does practice help? If yes, how?
- How does the brain work and why is it surprising us?
- What can I do if I have stage fright? How does that come about?
- How does learning work?
- Leading and being led: what impact does that on my instrument?

The workshop combines knowledge about the human spirit's structure and function in an entertaining way by combining special mental exercises with improvisation games.

Thomas Selditz has two different faces. He has been an internationally successful musician for the last 30 years as well as being a paraglider. In search of better and easier access to high performance in the music, he has been using techniques from sports since many years.

The focus is on mental training. For top performance in elite sport, mental stability is one of the basic requirements. To get a deeper understanding of this subject, he qualified in additional professional training (hypnosis, kinesiology and NLP/neurolinguistics programming). He has been working as a coach for musicians since many years and teaches working methods and strategies for peak performance.

He combines his experiences as a musician with mental training training skills as used in professional sports training. This workshop aims at combining and summarizing the commonalities in both musical and sports education.

