

Performance Skills Workshop

Performing from a very young age, Kinneret has realized that the performance experience changes immensely throughout different stages of life, influenced by internal changes and external forces around us. She developed a growing interest in methods to deal in an optimal way with work and performance situations, affecting each of us in a different way, and help people learn how to perform and present themselves in the best way they can. What started as a personal journey to deal with her own demanding performances, turned into a method that gives other people tools to help themselves perform better under pressured situations.

Followed by astonishing results, both for her and for the people she worked with, this project turned into a workshop. Working with individuals, or with small groups of people, Kinneret encourages her participants to find out more about themselves and explore performance horizons they perhaps did not know existed in them.



Kinneret leads her workshop participators in an open and friendly atmosphere, in which everybody can share his/her own experiences, learn from others, and more -

- Improve the performance on stage and in exams
- Teaches to bring the stage excitement to an optimal level, for a good and enjoyable performance
- Enhances the creativity
- Regains and strengthens the confidence
- Teaches techniques to improve the concentration
- Raises the self-awareness to the body and mind, and their role in making music and performing.

- Improves working skills, which help enhance the performance
- Mentally prepares to any eventuality that might happen when on stage
- Learning the relation between the conscious and the subconscious, their influence on our everyday life, and particularly on our performance
- Raising awareness to one own problems and strengths, and opening the mind to new techniques, helping get to the *root* of the problem and deal with it
- Opens the door to a happier and healthier life, doing what you are doing through the positive point of view



The workshop is suited for a wide range of people – instrumentalists, singers and actors, as well as non musicians having to deal with performance situations in front of their peers, and would like to find that extra ‘spark’ that is sometimes missing when being over anxious. Whether you choose for a professional carrier, or if you are studying music– with the possible intention of leading a carrier in this area, if you are teaching, or if you are playing for your own pleasure and for the pleasure of your friends and families... Different groups will be opened by the demand, for the different purposes and orientations of the people who take part in it.

After working with individual colleagues on the subject, the first workshop group opened in March 2005, taking place in the Conservatorium of Maastricht, Holland, under the patronage of the institute.

Soon after, the workshop was brought in different formation to the Hed Music Colleague in Tel-Aviv, to the Kudowa Music Masterclasses in Poland, and to the Antwerpen Royal Academy of Music, in Belgium.

If you are interested to participate in one of the workshops, if you would like to know more details, or if you would like to organize such a workshop in your institute, you can contact Kinneret directly, by e-mailing her to:

kinneret_s@hotmail.com

Comments of past participants...

“I can concentrate better now, after the workshop, while playing. I can now enjoy sharing the beautiful music with the audience.”

“The course helped me clear my thoughts and actions before performing. I am more aware now of what I do and why. It also feels more comfortable to go now on stage, when everything is much more clear in my head.”

“I was surprised to discover how important and effective body language is!”

“It is unbelievable how powerful the mind is!”

“The workshop helped me to put order into my ideas and open my mind. Now I can concentrate better in the music when I’m playing and I feel more secure in what I am doing. I believe more in myself.”

“I would recommend this workshop because it is good to hear the different perspectives of different people. You never know who will give you the best idea to improve yourself.”

“It felt so good to work on problems that became too big to ignore.”

“I would recommend this workshop to other people because it would always help you in one way or another! Feeling and concentrating on the state of the body, discovering that everybody has problems, that people enjoy your music, that the jury isn't that bad and that you can use your own “eigenschaften” [*qualities*] to grow as a musician.”

“The workshop was very well organized, in a very friendly and ‘safe’ atmosphere, and it has offered me many helpful ideas and exercises!”

“I have learned new ways to calm myself down before a concert and to think in a positive way about myself.”

“I would definitely recommend this course to other people. Everybody who is not completely confident in himself/herself on stage should join the course to learn how to deal with nerves and with negative thoughts.”

“I am very aware now, after the course, of my body language. I noticed immediately that people respect me more on stage and take me more seriously!”

“I would recommend this course to anybody who needs to be reminded to *enjoy* playing to other people.”