

Testimonial from Clare Ramsden

musician and clinical neuropsychologist

As a psychologist, I have skills and knowledge about managing anxiety but there are times when you need the support of someone else to make those changes in yourself. However, finding someone who understands the challenges of performance and music making isn't easy.

Deborah's online course - 'Making Friends with the Stage Fright Dragon' - was a great way to work through my thoughts and beliefs about my performance anxiety and develop strategies and skills to really change how I think about music playing and performing.

The course is engaging and fun, and tailored to performance; I always felt confident in Deborah's experience and understanding as a musician. When I started the course I had just started lessons with a teacher again, which I was finding challenging. The day I finished the course, I went to my first orchestra rehearsal – with excitement and anticipation, rather than anxiety and panic.

Deborah has a fantastic way of presenting mindfulness strategies, of embedding practice throughout the course and of collaboratively working with you. I wholeheartedly recommend this course to anyone who would like to better understand their relationship with performance anxiety.

