

Testimonial from Sue Arney

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I recently participated in a workshop developed and delivered by Deborah Hart, that has shifted my thinking about performance anxiety as both a musician and a music educator.

Deborah's thoroughly researched approach to the behavioural psychology associated with performance was immediately obvious, but it was her 'real' experience – as a presenter and as a professional musician – where she connected most strongly with the audience.

The visualisations, meditations and language used drew the workshop participants into a wonderfully evocative and safe space where they could both connect with the mental and emotional experience of the performer in front of them, whilst starting to understand their own sensitivities in similar situations. By taking the audience on this journey of empathy and consideration through role play, each of us was able to identify an immediate path to start supporting our own and other's anxieties around performance. It was incredibly moving, and we left wanting more!

Deborah's thoughtful and compassionate approach, combined with the empirically researched psychological science in this area, ensures that the value of these workshops is immediately appreciated. They are perfectly aimed at adult musicians who are working towards major performances such as recitals, exams and auditions, as well as those working in the professional arena. I have no hesitation in recommending Deborah's workshop to professional and emerging musicians who are looking to better understand and develop their performance confidence.

