

NATIONAL ASSOCIATION OF TEACHERS OF SINGING
NATIONAL ASSOCIATION OF TEACHERS OF SINGING

53RD NATIONAL CONFERENCE



What Mental Skills Do Performers Need and How Do They Get Them?

Diana Allan
University of Texas at San Antonio
www.musicpeakperformance.com

**Mental skills are for
all performers.**

**All performers
can learn them.**









WHY?



education

what?

which?

how?

education

MENTAL SKILLS

EXPERIENCE

LEARNING

HEALTH

SPECIFIC SKILLS

DNA





Here & Now

Here & Now

Here & Now

Breathe
Relax

ZONE

Here & Now

Here & Now

Here & Now

Here & Now

Here & Now



Here & Now

Breathe
Relax

ZONE

Visualize
Strategy

Here & Now

Here & Now

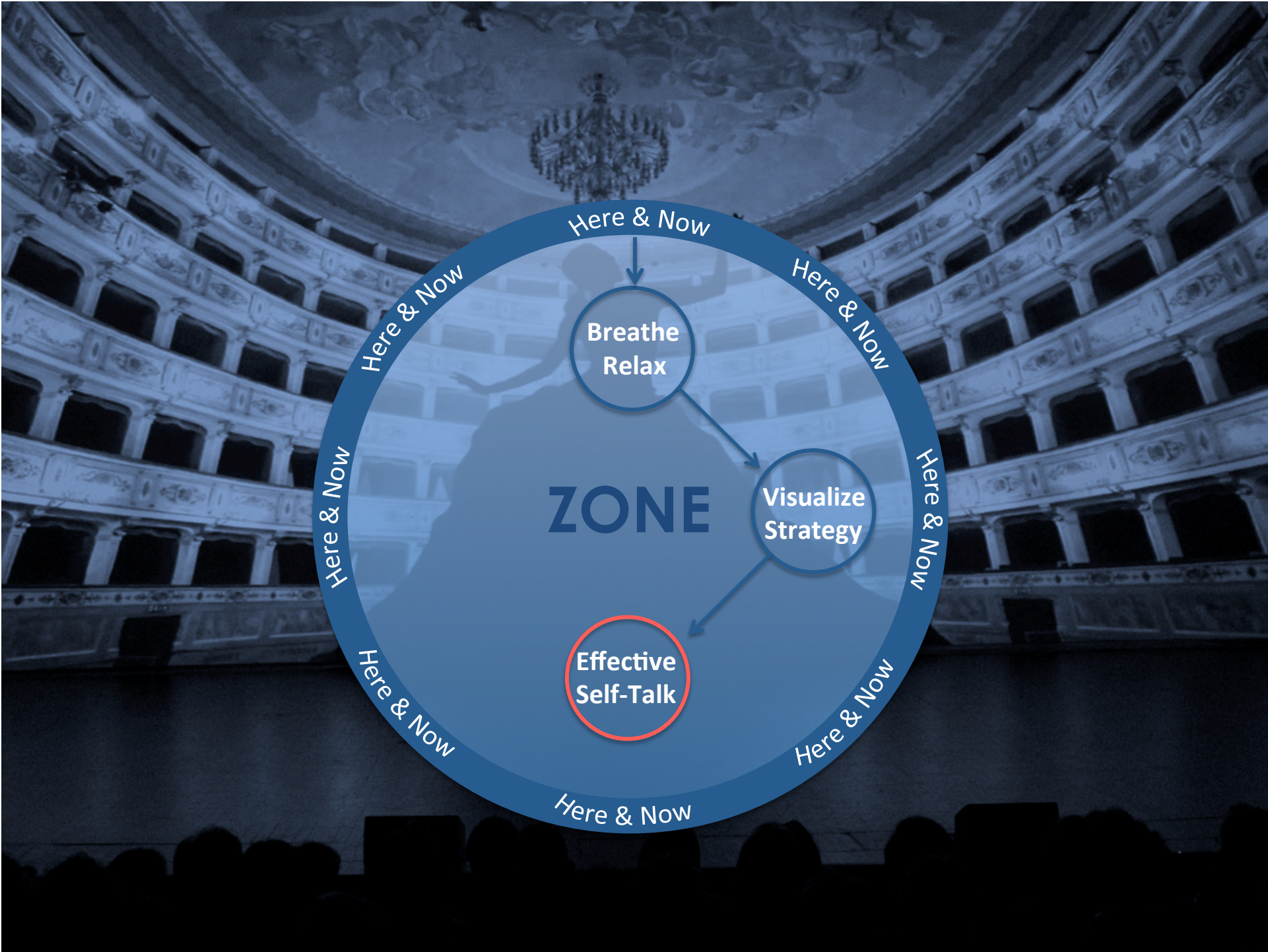
Here & Now

Here & Now

Here & Now

Here & Now

Here & Now



Here & Now

Breathe
Relax

ZONE

Visualize
Strategy

Effective
Self-Talk

Here & Now

Here & Now

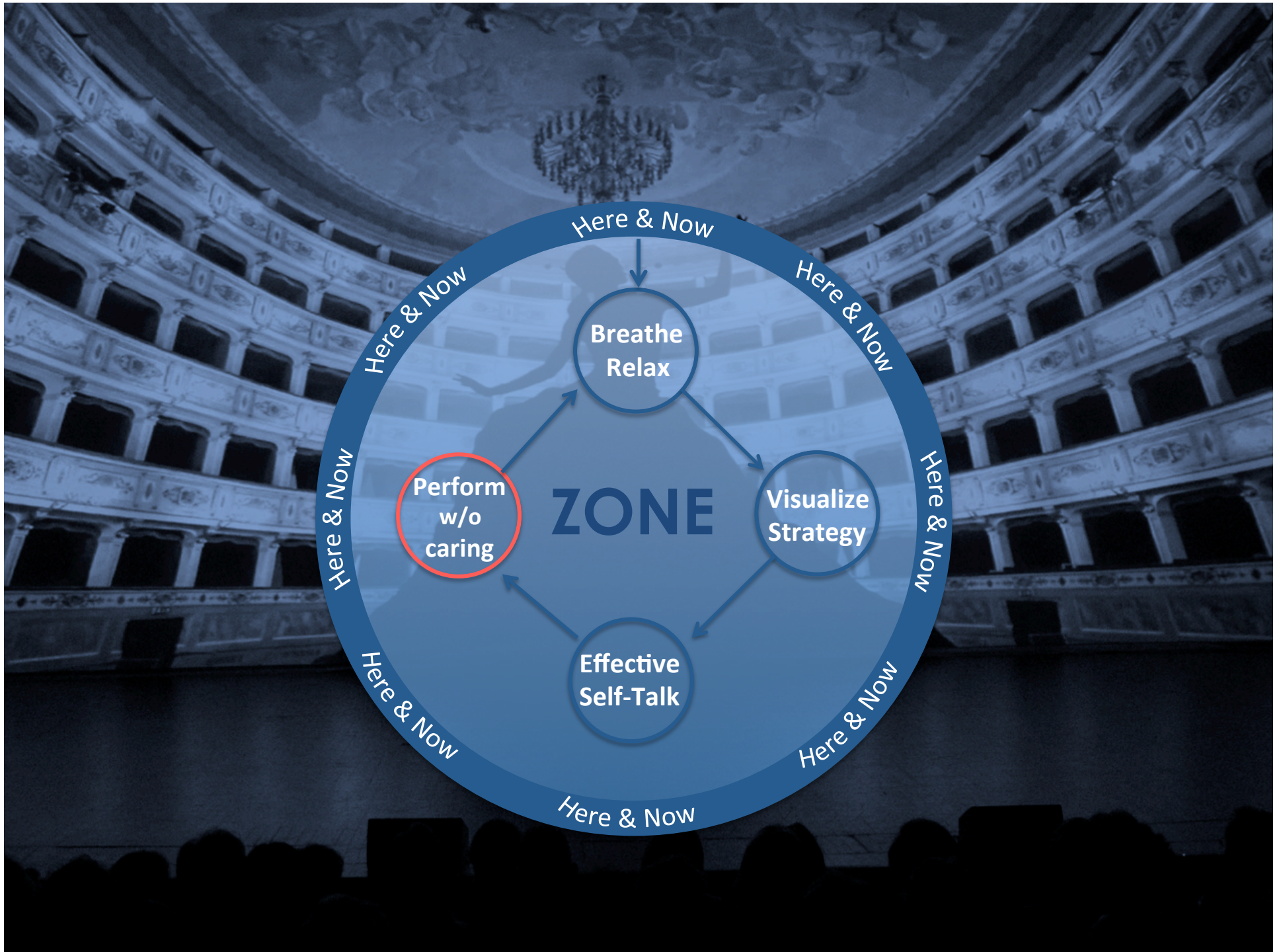
Here & Now

Here & Now

Here & Now

Here & Now

Here & Now



A

SITUATION

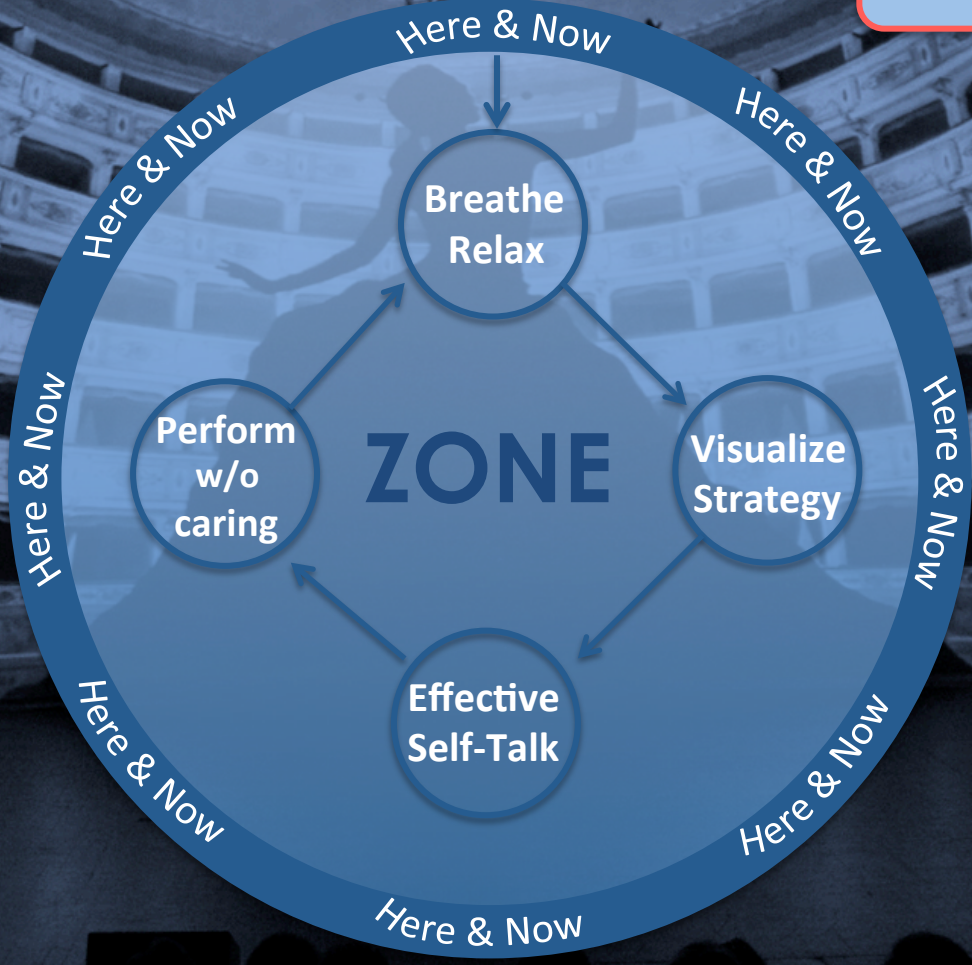


A

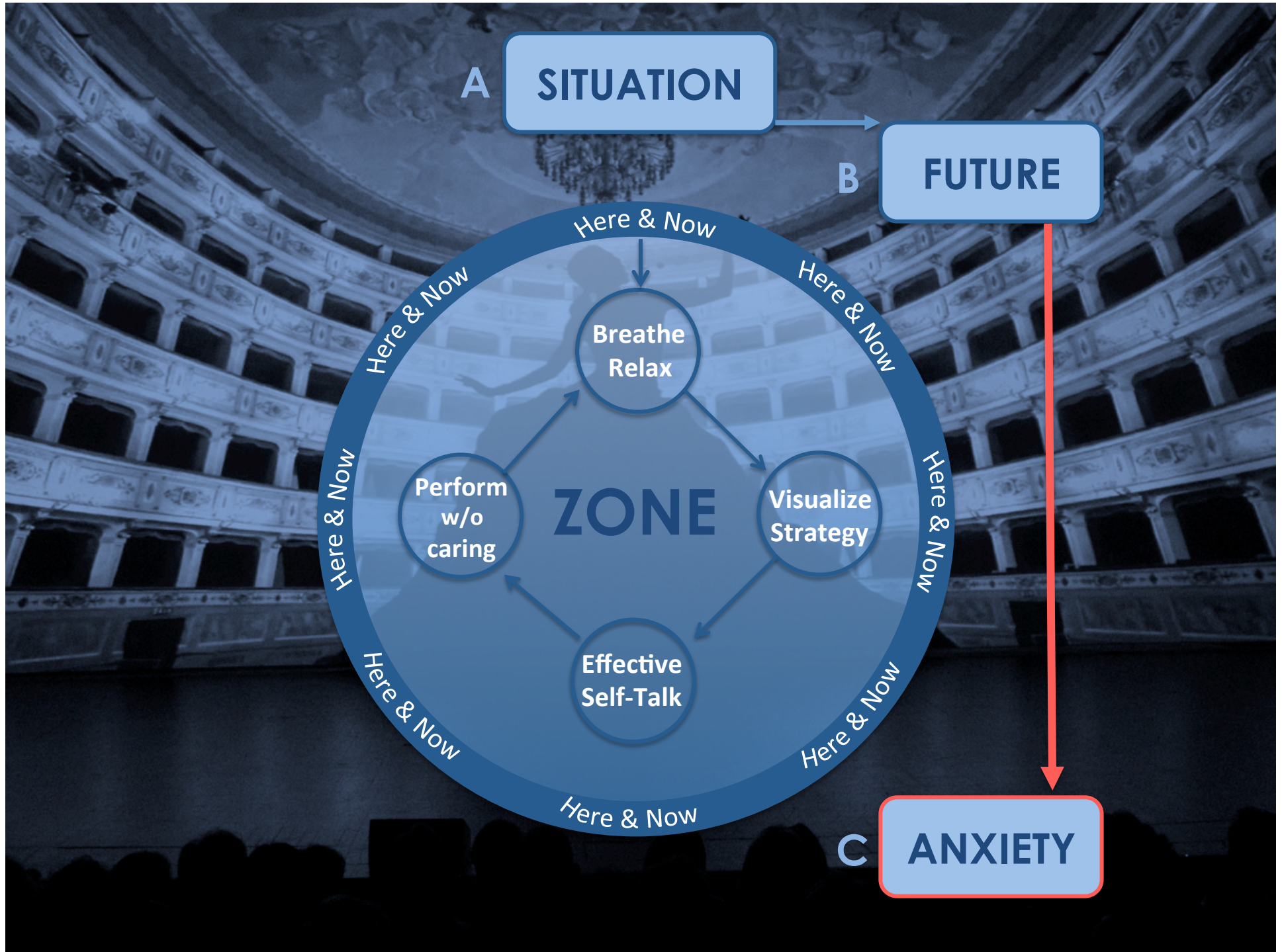
SITUATION

B

FUTURE







A

SITUATION

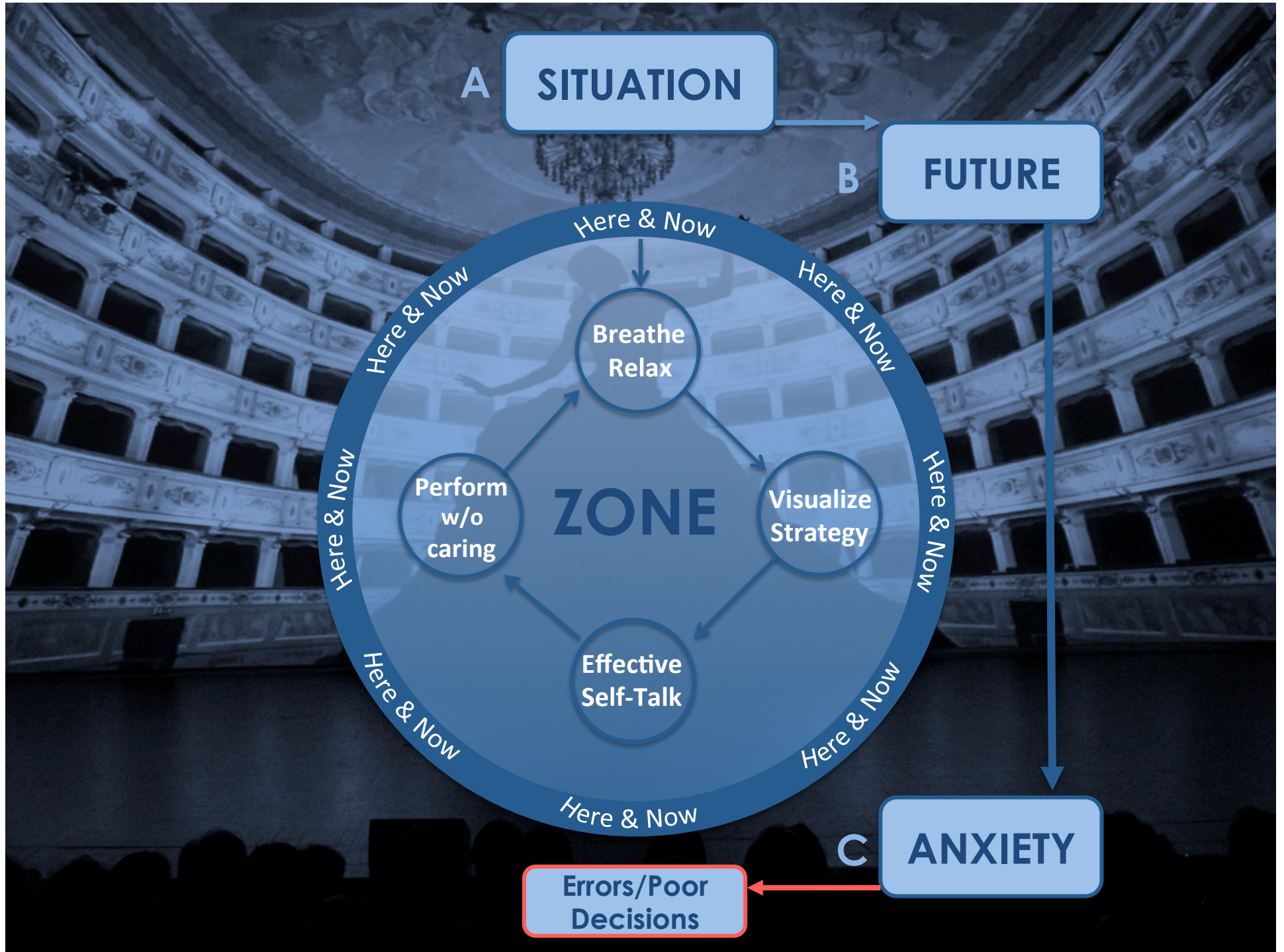
B

FUTURE



C

ANXIETY



A

SITUATION

B

FUTURE

Here & Now

Breathe
Relax

Perform
w/o
caring

ZONE

Visualize
Strategy

Effective
Self-Talk

Here & Now

Here & Now

Here & Now

Here & Now

Here & Now

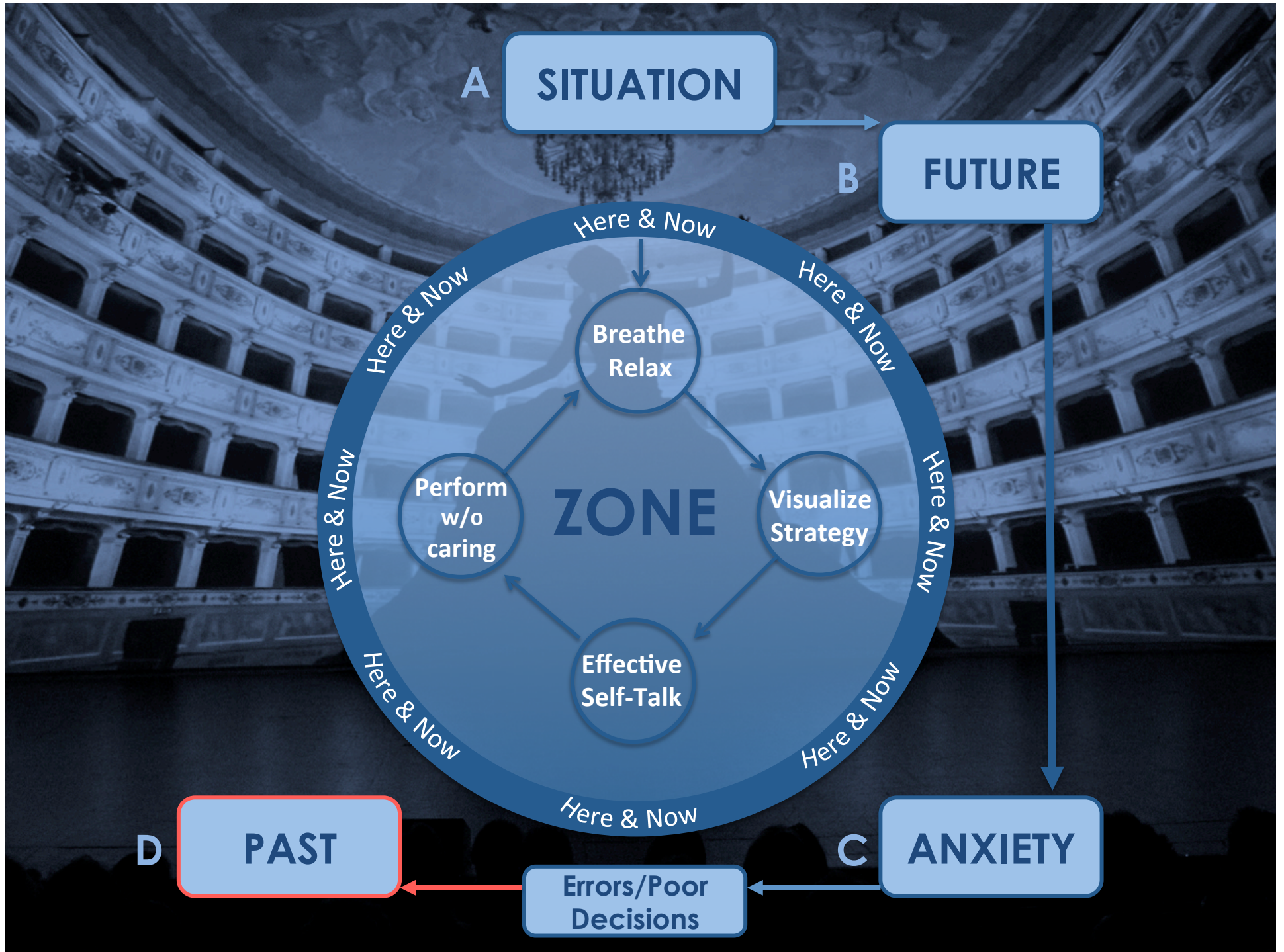
Here & Now

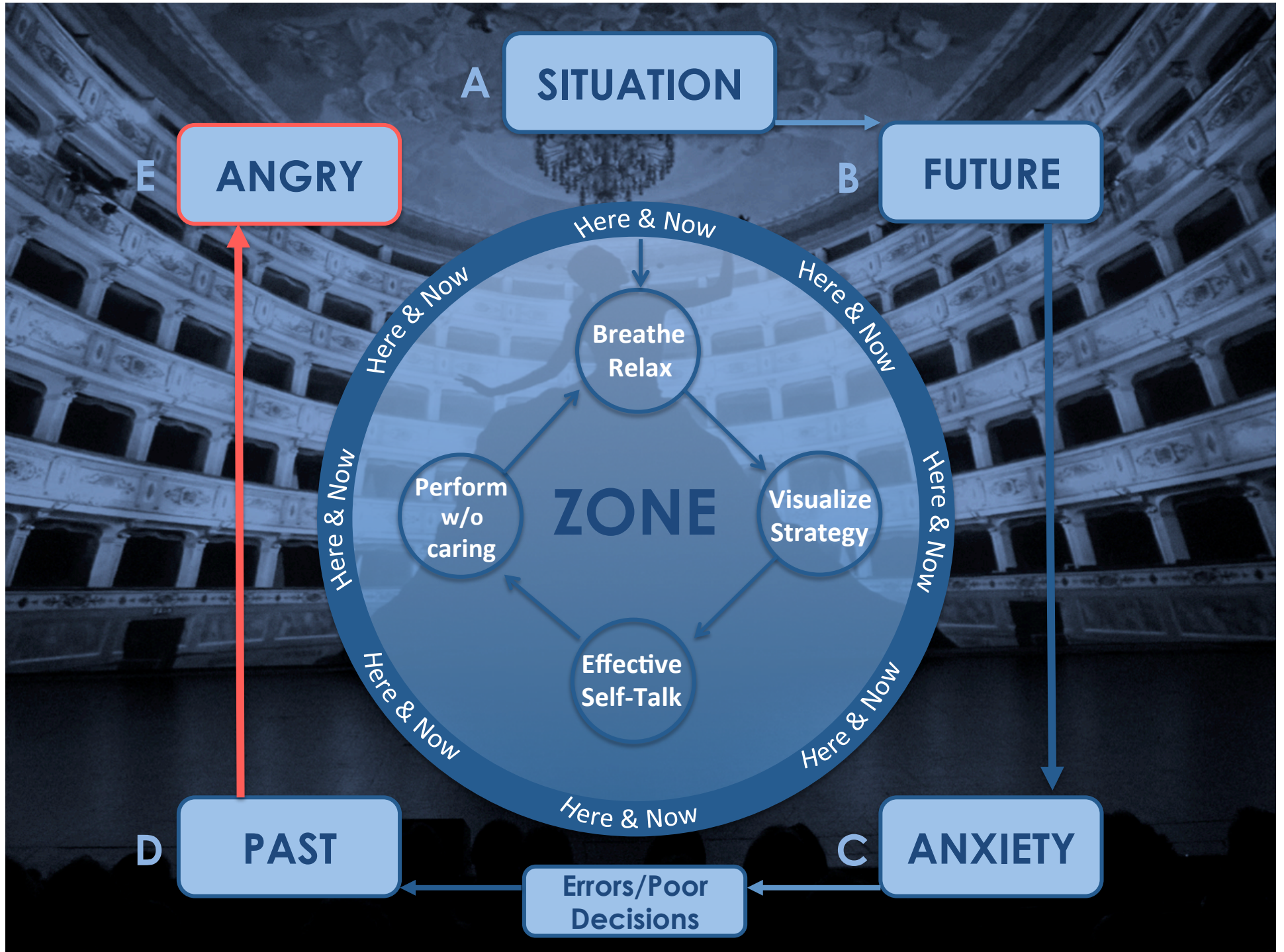
Here & Now

C

ANXIETY

Errors/Poor
Decisions





A **SITUATION**

B **FUTURE**

E **ANGRY**

Here & Now

Breathe
Relax

Perform
w/o
caring

ZONE

Visualize
Strategy

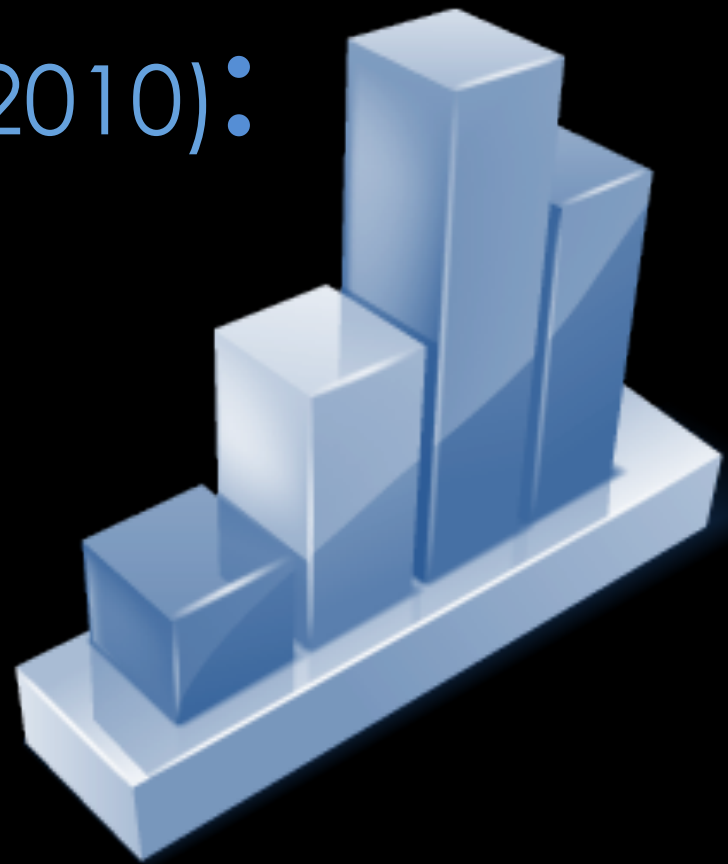
Effective
Self-Talk

D **PAST**

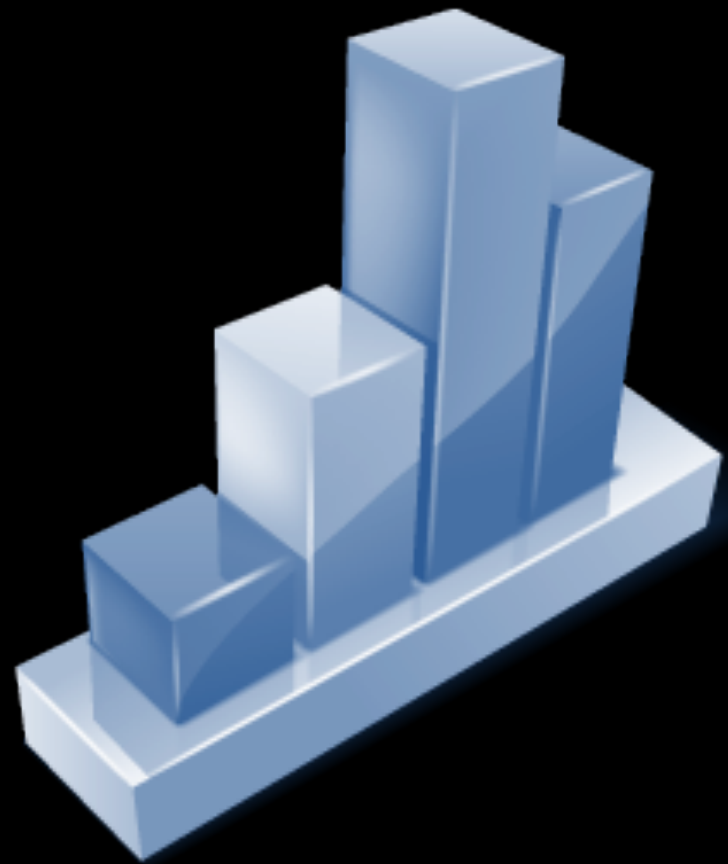
C **ANXIETY**

Errors/Poor
Decisions

Mental Skills Necessary for Performing at Peak Levels (2010): a survey



survey results



survey results

- worrying too much



survey results

- worrying too much
- **fear/performance anxiety**



survey results

- worrying too much
- fear/performance anxiety
- **lack of confidence**



survey results

- worrying too much
- fear/performance anxiety
- lack of confidence
- **lack of trust in learned skills**



survey results

- worrying too much
- fear/performance anxiety
- lack of confidence
- lack of trust in learned skills
- **perfectionism**



survey results

- worry/care too much
- fear/performance anxiety
- lack of confidence
- lack of trust in learned skills
- perfectionism

