

7 Easy Habits for Confident Performance

Seminar by Ruth Bonetti

Many musicians suffer agony before and during concerts, auditions or exams with sweaty palms, memory lapses, shakes...

HELP IS AT HAND!

“If you’re nervous, you’re Normal!” says Ruth Bonetti,

author of *Confident Music Performance*, *Practice is a Dirty Word*, *Taking Centre-Stage*, *Don’t Freak Out– Speak Out*, AMEB examiner & seminar presenter.

Here are solutions!

Ruth Bonetti gives practical, do-able techniques to:

- **Channel adrenaline from shakes into energy**
- **5 Tips to cure brain fog with whole-brain focus**
- **Breathing techniques for poise and calm**
- **Project with positive posture**
- **Relaxers for shoulder, back and finger tension**
- **Pre-Performance Poise; constructive countdown**
- **Positive Posture to Project to the back of the hall**
- **Conquer the jitters and shine in performance**

WHAT THEY SAY ABOUT RUTH’S SEMINARS

“What a life-saver! Your workshop and your book really helped me get over my stage-fright.”

Anna Laino, singer, Ohio, USA

“Students responded so positively to Ruth Bonetti’s seminars, coaching and vibrant personality that we had to expand her workload.”

Dr. Victor E. Gebauer, Executive Director,
Lutheran Music Program, Minneapolis, USA

“I was most impressed with your program... it was well structured and gave each participant a sense that he or she could improve.”

Merilyn Walsh, Head of Senior School, Ormiston College



Ruth Bonetti

Creates Confidence

ruth@ruthbonetti.com
www.ruthbonetti.com

(617) 3300 2286 / 0411 782 404

Give your students the tools to STAR PERFORMANCE
Ruth Bonetti creates PERFORMANCE CONFIDENCE!



Ruth Bonetti, M.Mus, ARCM, A.Mus.A, APS

Seminar/Keynote Speaker, Presentation Skills Expert

Author of:

- *Confident Music Performance: Fix the fear of facing an audience*
- *Practice is a Dirty Word; How to clean up your act*
- *Enjoy Playing the Clarinet* (Oxford Univ Press)
- *Don't Freak Out - Speak Out; Public Speaking with confidence*
- *AMEB Series 2 Clarinet Grade Books* (consulting editor)

Ruth's seminars and keynotes cover the gamut from positive preparation to confident performance. Her practical solutions for performance anxiety empower musicians to project with poise, clarity and to shine on the platform.

Ruth has performed and presented Professional Development and student seminars extensively in Europe (speaking German, French and Swedish) and Australia at numerous universities (the Victorian College for the Arts, University of Queensland, Griffith University, USQ); and at leading schools across Australia (including Scotch College, Eltham College and MLC Melbourne; Canberra Grammar School and Canberra Girls' Grammar School; SCEGGS and Trinity Grammar (Sydney), All Hallows, St Peters Lutheran College, Ormiston College and St Laurences College in Queensland.)

Ruth was a faculty member of Lutheran Summer Music Program, Minneapolis USA in 2000 and 2001, where her seminars were repeated by popular demand. Her teaching experience includes 15 years at Griffith University, Queensland Conservatorium; adjunct teaching in Sweden, France, Germany and England.

Whether performing in front of one, or one thousand, from student to soloist, all benefit from Ruth's practical, simple and empowering techniques to ensure success through focused, confident delivery.

For information, bookings and to sign up for Ruth's free E-Zines:

<http://ruthbonetti.com>

Ruth Bonetti

Creates Confidence

ruth@ruthbonetti.com

www.ruthbonetti.com

0411 782 404

(61 7)3300 2286

COMMENTS FROM RUTH BONETTI'S SEMINAR PRESENTATIONS

"Ruth Bonetti was a faculty asset far beyond our expectations. She has a rare, perhaps unique expertise in performance preparation and conduct. Students responded so positively to her coaching and vibrant personality that we had to expand her workload and schedule additional sessions. I cannot say enough positive about Mrs Bonetti's work as a performance coach. What is striking is her deep, caring, yet realistic sympathy for her students. She is quite intuitive in understanding their emotional, physical and technical needs in preparing for performance. I know of no one else with her specific credentials."

Dr Victor E. Gebauer

Executive Director - 2001, Lutheran Music Program, Minneapolis, USA

Ruth was expert at including everyone in attendance and making it fun and helpful. Both faculty and students were caught up in her charming and sincere manner of presentation. It was a wonderful experience. I am happy to recommend Ruth Bonetti's work, both in print and her workshops/coaching sessions. She is making a much-needed contribution to our profession."

Mary Natvig, Ph.D. Associate Professor, Bowling Green State Uni, Ohio, USA

"Thank you for your insightful and entertaining seminar. Your accessible techniques and 'common sense' advice provided a great deal of inspiration for further discussion and activities in the classroom."

Daniel Dries, Head of Music, SCEGGS Darlinghurst, Sydney

"Thank you for your terrific sessions. The feedback from staff and students has been excellent!"

Margaret Arnold, Director of Music, Methodist Ladies College, Melbourne

"I find your book more useful to me on a daily basis than most I have read. I can also attest to the value of your performance preparation lectures. I appreciate your encouragement to those performers can who suffer from 'greeblies' to face their fears so that the artist within emerge."

David Oyen, D.M.A. Assistant Professor, Morehead State University, Kentucky, USA

"The students liked your lively interactive style, and the visual impact of the Power Point presentation. As always, I found the presentation to be well-organised and thought-provoking."

Gwyn Roberts, Senior Lecturer, School of Music, University of Queensland

"Thank you for the seminars you presented for the Music Teachers Association. It was a great afternoon, and I'm sure everyone came away inspired and ready to conquer their sabre toothed tigers!"

Miriam, Dawood, President, Music Teachers Association, Gold Coast

"Ruth delighted the participants with her infectious good humour and vibrant personality. Her presentations were a highlight due to Ruth's charisma, and her ability to involve everyone was simply amazing; she created tremendous debate and enthusiasm. "

Malcolm F. Potter, President, Music Teachers' Assocn., South Australia

"Your help and encouragement gave me the confidence to change everything I was doing with my music. I graduated from High School and am now studying Music Education at Valparaiso University. The confidence you gave me shows now I might not be the best sax player in the world but I am proud of what I do. Thank you!"

Robert Chambers, Indiana USA

Email: "John Allegar here from USA...(remember, the anti-nerves guy...wiggle your toes when your hands are shaking). Just wanted to let you know that my district contest was yesterday, I had an ENORMOUS amount of poise and confidence, and they were the best performances ever! Both my solo and trio got the highest ratings possible of "I+". This wouldn't have been possible had I not been able to control those nerves. Thank you so much for your help this summer."