

Australian Flute Festival 2023 Workshop:

“Navigating Perfectionism and Coaching Your Inner Talk”

Simone Maurer

CMA LIMS, MPhil Cantab, B.Mus (Hons) Griff

ACTIVITY 1

Reflect on your experience with perfectionism:

- Have you had any of the thoughts listed below? If so, circle them.
- What are some other thoughts you have experienced?
- How often do you think like this?
- In which musical contexts do you have these thoughts or tendencies?

Maladaptive perfectionism might sound like:

I should always be able to play this perfectly

I can't start unless I do it perfectly

People always expect me to be perfect

It's a disaster if I make a mistake

I only allow myself to do things perfectly

I have to be the best

All that matters is not making a mistake

No one can see or hear my work unless it's perfect

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ACTIVITY 2

Score one point for each of the following 10 Stressful Automatic Thought types that you’ve experienced. For each SAT, give it a percentage out of 100 for how often you experience it or how prominent it is in your thought patterns.

- | | |
|--|---|
| <input type="checkbox"/> Filtering | <input type="checkbox"/> Mind Reading |
| <input type="checkbox"/> Overgeneralisation | <input type="checkbox"/> Fortune Telling |
| <input type="checkbox"/> Catastrophising | <input type="checkbox"/> Discounting the Positive |
| <input type="checkbox"/> All-or-nothing Thinking | <input type="checkbox"/> Personalisation |
| <input type="checkbox"/> Labelling | <input type="checkbox"/> Shoulds and Oughts |

ACTIVITY 3

If comfortable, briefly write about a negative performance experience.

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ACTIVITY 4

If comfortable, re-write your negative performance experience using one of the four strategies:

1. Narrator
2. Third-person language
3. Advising a friend
4. Neutral observer

Free support networks available in Australia:

Beyond Blue: <https://www.beyondblue.org.au/> or call 1300 22 46 36

Headspace: <https://headspace.org.au/> or call 1800 650 890

Kids Helpline: <https://kidshelpline.com.au/> or call 1800 551 800

Lifeline: <https://www.lifeline.org.au/> or call 13 11 14

MensLine Australia: <https://mensline.org.au/> or call 1300 789 978

QLife: <https://qlife.org.au/> or call 1800 184 527

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ACTIVITY 5

Write a ‘script’ to replace some negative thoughts you (might) have before, during, and/or after performing.

- How can you encourage the feeling of excitement?
- Remember that excitement and anxiety have similar physiological responses!
- How would you like to feel after the performance?
- Recall a time when you did have a positive experience.

CONNECT



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Download presentation slides:

SCAN ME

