



## Performing at your best, consistently

### A Scientific Approach to Practice in fulfilment of Performance

*“Art and science: a harmonious partnership”*

Victoria Samek, international renowned performing artist, professor of clarinet and saxophone, founder of the specialist CD label Clarinet & Saxophone Classics and director of Samek Music, with a Masters in Performance Science, delivers a talk which promises to be both entertaining and personal.

Taking you on her life journey, she discusses how, in her uncompromising pursuit of excellence, she has combined creativity with sound scientific concepts to develop a unique approach to practice and performance preparation and the management of the many pressures we all experience in the realisation of performance.

Simplifying complex tasks into individual components, alongside a structured but flexible framework, she uses an organised, systematic approach. She has developed a unique and innovative concept which offers the framework for a diagnostic road map for practice in establishing a blueprint of instruction for performance. She calls her approach Organise-Prioritise-Commit (OPC).

At the heart of OPC is the concept that within any single task lie distinctly different and often diverse components (within OPC called tasklets) requiring management. Responding to this challenge OPC, offers an analytical tool which assigns tasks to categories and by so doing identifies the different approaches required by each individual player.

OPC uses a pragmatic, formalised structure which is grounded in science and practical models; it also offers descriptive suggestions, aiding analysis and self-reporting skills which in turn help users to deal with the psychological impact of stresses in performance.

Her methodical, measured approach makes a compelling argument for science to be used in partnership with artistic creativity, and establishes clear and methodical pathways from practice through to a sensitive, controlled and musical performance.

Victoria delivers a lecture which combines science and academia with practical experience, interspersed with live performance which, with her indomitable style, will leave audiences stimulated!

Victoria is also able to offer workshops, masterclasses or mentoring.

For full details please visit: [www.samekmusic.com](http://www.samekmusic.com)