A ground-breaking process that integrates performance science with artistic integrity

'The discipline of practice and the love of music have shaped my career'
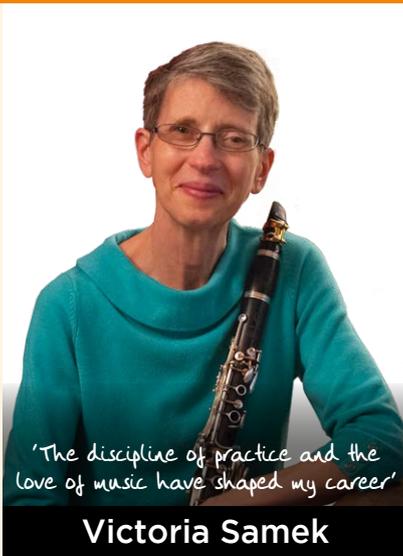
Victoria Samek

From the concert platform, theatre stage or lectern to an interview, presentation, or sales pitch, it is all about performance.

Recognising the significance of Performance Science, which identifies the many different elements in human performance, and its impact for the player in re-thinking traditional approaches to learning preparation and performance, Victoria Samek introduces OPC, a new and ground-breaking process for the 21st century performer, bringing together the theory of why with the practicalities of how!

Personal expectations can so easily overwhelm an individual. Pressures to score a high mark, secure a place, or prove self-credibility are compounded by the high value placed on 'natural intuition' and 'instinctive spontaneity', often seen as proof that a performer has 'talent' in their chosen specialism.

Performance Science is still viewed by many as an academic curiosity, yet Sports Science has revolutionised training programmes for athletes and sports men and women. Treated with suspicion by performers and compounded by approachability issues, Performance Science is dismissed as superfluous by many practitioners.

Intuition and spontaneity, alongside creativity, inspiration and imagination should be prized as valuable qualities in pursuit of performance excellence. But without balancing the equally important analytical, objective and methodical aspects attributed with science, the overall performance will be compromised. By integrating Performance Science with intuitive integrity, you will give your best performance every time.

So now it is time to put aside prejudices and embrace science in partnership with creativity, maximising potential in a balanced and considered way, allowing intuitive integrity and spontaneity to prosper.

With a Masters in Performance Science from the Royal College of Music, Victoria has had a unique opportunity to explore the theories and methods of performance science. Recognising the significance of Performance Science and its impact in re-thinking traditional approaches to preparation and performance, she has spent four years developing a ground-breaking approach which she is sharing with performers all over the world.

Organise - Prioritise – Commit: The Practice and Performance Process

Organise the diverse and often unrelated components, within a task. **P**rioritise those components into categorised checklists. **C**ommit to thorough and systematic formulated agendas.

Organise - Prioritise - Commit:

• Understanding how and what to **O**rganise
• Strategies explaining how to **P**rioritise
• Personalisation helping you **C**ommit

Central to the OPC ethos is understanding

• reasoning behind the **why**
• in identifying the **what**
• to inform the **how**

Combined, these will ensure not only a connection between learning preparation and performance, but a progression that makes practice and performance a single process with clear benefits for the performer, integrity of performance and significant impact on the audience.

With relevance to teachers and performers at every level, OPC responds to the overwhelming question: "Where do I start? and 'why do anxieties seem to take over?'

Never again will there feel a separation between preparation and performance, but instead a transparent pathway leading to one powerful, committed and integrated process!

WATCH NOW!

As sensitive and experienced practice and performance coach, Professor Victoria Samek offers one-to-one or group sessions using OPC. Her introductory talk will take you on her personal journey combining nuggets from science punctuated by live performance that will leave audiences enthralled.

Victoria can be contacted for booking and inquiries via email: **victoria@samekmusic.com**

Full details of OPC course options will be available in 2020. To register your interest and receive early booking reduced rates, email Victoria with your contact details.

ORGANISE PRIORITISE COMMIT
The Practice and Performance Process

Samek MUSIC
CLARINET & SAXOPHONE

Building layers of learning for stability and success in performance