

ORGANISE-PRIORITISE-COMMIT: THE PRACTICE AND PERFORMANCE PROCESS

Victoria Samek revolutionises practice and performance



From the concert platform, theatre stage or lectern to an interview, presentation, or sales pitch, it is all about performance. Performance Science is still viewed by many as an academic curiosity, yet Sports Science has revolutionised training programmes. In pursuit of performance excellence, intuition, spontaneity, creativity and imagination are highly prized but must be balanced with analysis and method. Victoria Samek introduces OPC, a ground-breaking process for the 21st century performer, recognising the significance of Performance Science and bringing together the theory of “Why” with the practicalities of “How”! It is time to put aside prejudices and embrace science in partnership with creativity, enabling your best performance.

“Does this sound Familiar?”

Beginners

- How often should I practice?
- I don't like practising because I feel overwhelmed!
 - When I think I've learned something it doesn't stick...
- I feel so anxious before lessons and performances that I make mistakes.
- How come other students learn faster than I do?



Adults

- I've always wanted to learn an instrument. Have I left it too late?
- How do I know if my teacher is right for me?
 - I expect to progress quickly but my practice doesn't always deliver...
- Is it ever too late to return to an instrument?
 - How do I balance productive practice with work?



Students

- Can performance science really make my playing better?
- How can I feel progress without doing exams?
- I'm embarrassed that I can't learn my scales...
 - I practice so diligently but anxieties take over in lessons and rehearsals.
 - I get really nervous. Will having a plan of action help on performance days?



Parents & Carers

- My child has lost the pleasure of playing an instrument...
 - If I learn an instrument too, will it encourage my child to practice?
- How can I motivate my child to practice when academic work takes over?
 - My child loves playing in groups but gets so nervous performing...
 - I wish we didn't end up arguing over practice?



“The discipline of practice and the love of music have shaped my career”
VICTORIA SAMEK

Teaching

Learning to play an instrument is one of the most demanding skills an individual is likely to undertake. Other disciplines are equally challenging however the initial reasons for instrumental study, be it for pleasure or as a means for gaining extra qualifications, can be loaded with confused expectations and anxieties. Fundamentally my approach to teaching manages these challenges and overcomes these frustrations, developing competence alongside the recognition of small accomplishments within bigger tasks.

My job is not only the delivery of new knowledge, but also giving each student practical tools. Organisational skills and emotional awareness empower the student to take a pro-active role in the understanding of their learning process. This heightened self-awareness makes practice more purposeful, efficient, and yes, even fulfilling! Customising your systematic-process and respectful attitude to learning is the key to maximising practice potential regardless of age or level of your playing. This is the critical connection that ensures practice and performance become an integrated process. Through musical interpretation and technical mastery you will overcome the distressing effects of performance anxieties and will rekindle the enthusiasm you once had in playing and performance.

Practice & Performance Coach

Pivotal to my process is the distinction between *teaching* and *practice & performance coaching*.

Performance science acknowledges the many different elements in human performance which are integral to understanding the complexities of learning and problem solving. Intuition, spontaneity, creativity, and imagination are valuable qualities in the pursuit of performance excellence, but equally important is the science of analysis, objectivity, and method.

So much of life is about performing to the best of our ability, whether it is on the concert platform, in an exam or at an audition. In lessons, new information might be introduced alongside corrections, technical skills, and imaginative expression. However it is when you are left to your own devices that the real work of consolidation begins. Personal expectations can easily be overwhelming with pressures to score a high mark, secure a place or prove credibility. These can be compounded by the high value placed on 'natural ability' often seen as proof that a performer has 'talent'. Once again self-awareness, analysis and organisation are the fundamental building blocks that provide tools for a systematic and robust process that manages the complexity of practice and performance.

The fully integrated online digital courses and the 'Playing with Science' lectures will be launched in January 2021. But you can have a first-hand taster of this ground-breaking and inspirational approach by booking a lesson or coaching session.

About the writer:

Victoria Samek is a respected voice in the world of music performance. An internationally renowned performing artist and professor of clarinet and saxophone, she is a lecturer and writer with an MSc in Performance Science. A clarinet focused self-styled entrepreneur, she founded the CD label Clarinet Classics in 1992, subsequently becoming Clarinet & Saxophone Classics. Expanding to include music publications it has become a unique showcase for the richness and diversity of both instruments. Developing a library of her educational resources alongside her performance activities, in 2017 she brought all her activities under the newly branded company Samek Music.

"Victoria's sensitive yet highly analytic approach takes the pupil on a voyage of discovery."

Louisa Sadler

"I now have a solid practice schedule and a greater sense of knowing what needs to be done in order to improve while remaining positive."

Sara Harris



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As a sensitive and experienced teacher and Practice & Performance coach, Victoria Samek offers one-to-one or group sessions either remotely or in person. Her introductory talk 'Playing with Science' will take you on her personal journey combining teaching, science and live performance in a way that leaves audiences enthralled.

- Book a lesson or a coaching session by visiting samekmusic.com/teaching-coaching. Full booking instructions will be available at the checkout.
- Get a FREE 15 MINUTE consultation when you buy any product OR when you book your first lesson or coaching session.

A performing artist with an academic voice Victoria responds to the all too often overwhelming question "where do I start?"