

Grades 6-12, and College Level

1. “MUSICIANS AS FINE-MOTOR ATHLETES”

- Musicians must take care of themselves due to the intensity of performing on stage
- Learn about similarities between sports and music, and the physiology necessary for an artist to be at the highest level
- Visualization is one of the most important tools **anyone** has at their disposal, whether it be in the arts, sports, or any other field.

2. “PERFORMANCE ANXIETY (what to do about it?)”

- Performance anxiety is felt by everyone and one must accept it as part of the human condition
- Channeling the nervous feelings before a performance into positive energy is the ultimate goal
- Discuss ways to combat performance anxiety, and prepare oneself to walk on stage with authority
- Memory slips are one of the most common sources of anxiety. Learn ways to memorize securely and have a piece firmly in your control

3. HOW TO STRUCTURE YOUR PRACTICE

- One of the most important topics to discuss for aspiring piano students
- Learn how to achieve good habits and efficient ways to learn your music
- Learn for the future: tips for concrete and reliable learning processes
- Mental practice advice: how to practice away from the piano
- How to use a metronome properly!

4. “PERFORM WITH DOMINIC”

- Always interested in collaborating with fellow artists, Mr. Cheli welcomes students and music faculty alike to rehearse pieces for study or performance