

Mental Training for Singers

Script: Britt-Hel ne Bonnedahl

WHAT IS MENTAL STRENGTH?

“Mental strength is being able to control and have impact on your state of mind in spite of circumstances! “

HOW?

“We are what we repeatedly do. Excellence, then, is not an act but a HABIT!”

Create a Chorus culture - a POSITIVE ZONE

- 1) Positive posture
- 2) Positive attitude
- 3) Positive thoughts and communication

WORDS OF VALUE

Create your group’s words of value –what is important for your group when rehearsing and performing?

STRATEGIES

- 1) SMART –strategy (goal setting-strategy)
- 2) SMAK – strategy for mental training

SMAK

- 1) **S**= Sj lvk nsla / Self image
- 2) **M**= M l / Goal
- 3) **A**= Attityd / Attitude
- 4) **K**= K nsla / Emotion

SJ LVK NSLA/ SELF-IMAGE

- Muscular relaxation
- Limiting beliefs/reframing
- Affirmations

M L /GOAL

- Create a goal-picture
- Anchoring the goal-picture
- Visualization

“Whether you say you can or you can’t, you are RIGHT!”

ATTITYD/ATTITUDE

- Focus
- Check-in-procedure, intention
- Words/thoughts (NLP)

“Be the Master of your brain instead of its servant.”

K NSLA/ EMOTIONAL IMPACT

- Presence
- Admiration for each other
- Syntelligence/the power of shared thoughts

Want to read?

- Carley, Jan – Harmony from the Inside Out
www.harmonyfromtheinsideout.com
- Covey, Stephen R. –The 7 Habits of Highly Effective People
- Jeffers, Susan – Feel the Fear and Do It Anyway
- R hlander, Olof – Det blir alltid som man t nkt sig
- Sundhage, Pia –Att leda med gl dje
- T rnblom, Mia –Sj lvk nsla nu!

It's all happening perfectly!