

# Conducting Sincerely

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## I. Sincerity: What can we really do?

- "Try" to be sincere?
- Show what we feel?
- Show what we want the ensemble to feel?
- Show what we want the audience to feel?

## II. Professional Examples

- Marin Alsop (subtle, predictive)
- Gustavo Dudamel (liberated from formality)
- Leonard Bernstein (allows for personal mistakes, effusive, performative)

## III. Impacts of Duplicating the Gestures of Others

- Prescriptive/Managerial or Descriptive/Inspirational
- What Would Bradley Cooper Do?

## IV. Practical Application

- What Impacts our capacity to be expressive?
- The power of *Training* as it inspires *Inhibition*

## V. Informal Case Study

- 3-year-old Jonathan
- 5-year-old Jonathan

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## VI. Realistic Goals

- A. Trust
- B. *Showing* time instead of *beating* Time
- C. Embracing every opportunity to sensitize ensemble
- D. Avoiding deceit/forced expression
- E. Predictive information
- F. Eyes
- G. Close the score!

**Rehearse with Overall Concepts in Mind  
Rather than Checklists**

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