

## **PERFORMANCE PSYCHOLOGY IN MUSIC**

*Issues and Strategies for the Group and the Individual*

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### I. Individual Strategies and Issues

#### a. Assess your personal motivational pattern or patterns

- Learned Helplessness
- Fear of Failure
- Fear of Success
- Perfectionist
- Underachiever
- Learned Effectiveness

#### b. Goal Setting

- Long and Short term both necessary
- Use short-term goals as achievable steps towards long-term goals
- Goal achievement builds self-confidence

#### c. Confidence

- Belief in Method
- Positive self-talk, positive imagery
- SNEOP
- Trust on self and others

#### d. Positivity and Mood

- Admit to mistakes and/or lack of knowledge
- See the positive aspect of every occurrence
- Arnold Schwarzenegger

## II. Team or Group Dynamics

### a. Group versus Individual Personality

- personality archetypes

### b. Four stages of Group Formation

- Forming
- Storming
- Norming
- Performing

### c. Coaching/Teaching Styles

- Autocratic: task-oriented. One-way communication: teacher to student
- Dictatorial: task-oriented. Two-way communication, but teacher has final say
- Democratic: people-oriented. Teacher and student have equal say
- Laissez-faire: people-oriented. Little or no direction from the teacher, individuality is the norm.
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### d. Self-protection strategies in a new group

- Fight
- Flight
- Alliance-building
- Scapegoating

### e. Successful Positive-Group Requirements

- Acceptance: from the coach/teacher, as well as from peers
- Influence: the individual's input is valued and important
- Identity: clearly defined role and function within the group for all
- Goal Matching: all members working together for the same purpose or goal.

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