



Coaching for Performance Excellence

Simone Niles

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Coaching for Performance Excellence

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Coaching for Performance Excellence Simone Niles

Coaching for Performance Excellence is an introduction to some new and innovative ways of approaching your art.

It is for all performers wanting to achieve performance excellence.

Whether you are a beginner, an amateur or professional, this book will give you ways to enhance your performance.

Topics include:

- * Setting goals - explore your ideal performance and find out what you want to achieve.
- * Obstacles - what stops you from achieving more and how to overcome these obstacles.
- * Practise well - how to get the most out of your practice.
- * Creativity and passion - work through creative blocks and rev up your passion.
- * How to overcome performance anxiety
- * Putting a plan in place for success and keeping yourself motivated.

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