



‘HOW TO EMBRACE YOUR PERFECTIONISM’

Would you like to understand your own perfectionism and learn how you can use your perfectionism to make you a better performer? Then do not hesitate to register for this course!

What will you learn?

Perfectionism can help or hinder you in your performance. As a musician you have to know how to handle "your strings" or fear. During the training (5 times 2,5 hours) you will gain a better understanding of what perfectionism is and how it can influence your life and your performance. You will investigate your own perfectionism and learn ways how to use your perfectionism to become a better performer. Furthermore, you will learn tools to help you live a more balanced life.

Who is this training for?

Students with high standards for themselves in their daily lives and during practice. Students who think their perfectionism is blocking or choking them and want to do something about it.

Feedback participants:

‘I learned how to control myself before an important performance’

‘I am happy that I learned about myself and shared thoughts with people’

‘I am not afraid anymore of my fear and other feelings, I know how to connect with the audience’

- **Would you like to learn how you can feel more joy during practice and performance?**
- **Do you sometimes feel overwhelmed by your emotions?**
- **Are other people complaining about your perfectionism or high standards?**
- **Would you like to find out why you became a perfectionist?**
- **Would you like to be a better performer?**
- **Do you keep procrastinating rehearsing for exams?**

When?

**Thursdays: 14 March, 21 March, 4 April, 11 April and 18 April
17:30 - 19:30.**

Location

**The training will take place at
Kruisplein in Studio 9.2 in
Rotterdam**

Register here:

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www.leoniewoudstra.nl

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Leonie Woudstra is a trainer, coach psychotherapist and (jazz) singer. She works for a healthcare organisation and is involved in mental training for several conservatory in The Netherlands and Belgium. Leonie uses the combination of her knowledge of psychotherapy and her experiences as a performer in her training and therapy sessions; she likes to use drama techniques and experiential exercises to help people gain insight into underlying patterns. Leonie has experience with group therapy and individual therapy as well as training for musicians.