

The logo for Coaching Artistry, featuring the words "Coaching" and "Artistry" in a stylized, cursive font.

"Helping you to achieve performance excellence"

Creating Success...

January 12th, 2011

Happy New Year **Simone Niles** !

Coaching Artistry is pleased to bring resources to your inbox, providing you as a performance artist with helpful information about how you can achieve performance excellence!

I hope that you've enjoyed your holiday period and that you are as excited about this year as I am! I have lots of new things to share with you this year to help you excel in your performance.

This time of year many of us find ourselves setting goals for the year ahead and hope that this time it really will happen or that this year will be the one that we make changes. If you have set goals last year which have not yet been realised and you want to make this year different, then keep reading to find out how I can help you.

Until next time, be well...

Simone

NEWS

Coaching Artistry now has its own [Facebook page & online community!](#) Here you will find fun and helpful resources to help you on your performance journey, other artists to connect with, and a supportive environment to help you achieve your goals.

Join our [online community](#) (discussion tab) and share your performance goals! Let us **come together and design our success** with support and resources from like minded people.

FEATURED ARTICLE

KNOWING WHAT YOU WANT

Many performers know that they want to improve some aspect of their performance, but when asked the question, "what is your ideal performance?", so many of them are unsure. What is 'right' for one person may be 'wrong' for another, so what constitutes an ideal performance resides with the performer or individual. Knowing what you want is the first step in creating your ideal performance.

Take the time now to think about your ideal performance and **make a list of the things which will help you positively in your performance.** Do you need to be relaxed or energized, or both at different times? Do things need to be planned or done spontaneously? What do you need to see, hear or feel? think also about wanted states such as confidence, relaxation, creativity, motivation; as well as communication with self & others, event, venue, ambience and audience.

Once you have completed the above, ask yourself the question, "**how will I know when I have achieved my objective?**".

Will you know because you will feel a certain way? or perhaps you could see the happy expressions on peoples' faces, or maybe because that voice in your head says 'well done'! the clearer you are about what you want, the easier it becomes to get it. The great thing is that your list can be flexible and may be altered as many times as needed, because as your performance evolves, your ideal performance may also change.

Now do this exercise.

Imagine someone who you consider to be an excellent performer; perhaps this person's performance equates with your ideal performance. Visualize them in front of you. How do they stand or move, what expression do they have on their face? notice what you notice about them. Now step into that person (yes, take a physical step forward), stand or move the way they move and take on their facial expression. This time notice what you notice about you! What do you see, hear or feel? Enjoy your ideal performance for this moment and remember it. **Have fun!** ~ END

SIMONE RECOMMENDS

I have organised a deal for all my subscribers who would like to benefit from **Bodywork** catered specifically for musicians. See below...

Special Offer: For 3 weeks only.

Therapeutic Massage and Musculoskeletal Bodywork for Instrumentalists,
Singers and Coaching Artistry subscribers.

£30 per session - from Monday 24th of January to Sunday 13th of February
2011.

For details of treatments and location visit: [http://yogospace.in/
treatments/](http://yogospace.in/treatments/)

If you would like to take advantage of this great offer, please email info@yogaspace.in with 'Coaching Artistry Subscriber' in the subject line.

Want to use this article in your newsletter or website?

You can, as long as you include this complete info with it:

Simone Niles created “Coaching Artistry” which focuses on the personal and developmental aspects of musicians, dancers, actors, writers and athletes as well as that of any other performance artists, in order to facilitate an exceptional level of performance. If you would like to achieve performance excellence, start by visiting www.coachingartistry.com

ABOUT SIMONE



Simone has been an **active vocalist and tutor** for the past 16 years. She teaches privately, as well as in colleges and universities within contemporary styles of music - jazz, blues, funk, reggae, pop, R&B, soul. She has worked with a variety of artists from diverse backgrounds including Eddy Grant, members of Pink Floyd as well as Michael 'IBO' Cooper and Willie Stewart of Third World. She has performed in The Royal Albert Hall and Barbican (London) to name a few, as well as the famous

'House of Blues' (Sunset Strip, Los Angeles). She has also collaborated with a host of artists and DJs including Jeremy Healy and Alex Patterson.

Simone's experience has given her insight into the world of performance artists and her **passion for helping others to achieve their true potential** led her to become a Performance Coach, assisting performers from various disciplines - **musicians, athletes, actors and songwriters to achieve excellence in their performance**. Simone is a qualified Life Coach (Coaching Academy), TFT Practitioner (Progress Therapy) as well as a NLP Master Practitioner. She trained with Richard Bandler (co-founder of NLP), Paul McKenna and Michael Neill.

www.coachingartistry.com

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