

Giselle Felicia Vivian, BM CHT has had the joy of making music for most of her life. She has expressed her musical gifts as a singer/songwriter, classical and contemporary violist, kirtan musician (singing, playing harmonium, drumming), clinical music therapist, and, drum circle facilitator. She currently freelances in Albuquerque, NM.

In addition, she has worked as an orchestra manager with the Los Angeles Philharmonic Institute, the Debut Orchestra of the Young Musicians Foundation, and Disney's Young Musicians Symphony Orchestra, and also, in arts administration with the Santa Fe Symphony & Chorus and The Santa Fe Opera. Her experience as a soloist, ensemble musician (chamber music, symphony and chamber orchestra), a studio session player, and freelance musician have given her the practice and wisdom to coach others. Coupled with her skills as a clinical hypnotherapist, using hypnosis for performance enhancement, she is able to support musicians of all ages and levels of experience.

She is currently co-owner of Trance-formed Consciousness, offering Hypnosis, Imagery, Energy Healing, Meditation, and Music Therapy services and events.

Performance Power Coaching

For The Successful Musician



Trance-formed Consciousness
Essential Skills for Musicians

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**GISELLE FELICIA VIVIAN, BM CHT
Performance Enhancement Coach**

Performance Power Coaching



Learn to harness the power of the subconscious mind to boost your creative self-expression and success as a musician.

Boost Musical Preparation

- Deepen focus during practice
- Increase motivation to practice
- Enhance memorization of music

Empower Your Performance

- Increase self-confidence
- Enhance musical self-expression
- Overcome lack of stage presence
- Transform performance anxiety into Performance Power

To succeed as a musician, both amateur and professional musicians must develop the ability to master the technical and expressive skills that make music one of the most rich experiences one can share with others. No matter what level of experience, instrumentalists and vocalists can be faced with performance anxiety, experience difficulty focusing during practice and/or performance, and have trouble with memorization.

In addition, your presence on stage as you perform can either invite focus on the music being played or distract the audience from just listening. Shyness and lack of confidence can also be a challenge. Equally important is the ability to communicate the emotion and the stylistic interpretation of the music. Let others receive the music the way you want it to be shared.

Enhance Creative Flow

Did you know that Rachmaninoff used hypnosis to overcome depression that was blocking his creative flow just before he wrote the highly acclaimed 2nd Piano Concerto? He even dedicated the piece to Dr. Dahl, his hypnotherapist. If you are a composer, songwriter, and lyricist suffering from writer's block, a private consultation can help.

Develop Performance Power for Success

In addition to the creative side of self-expression, many lack the self-confidence needed to audition, compete, negotiate, and make the gig a reality.

Develop your **PERFORMANCE POWER** and live joyfully as a successful musician who has taken their creative talents to the next level.

Coaching For Your Musical Ensemble

In addition to working with individuals, Giselle Felicia Vivian, BM CHT offers private coaching to newly formed ensembles of all styles of music that are beginning the journey of working together. Whether you are a rock band or a string quartet, she is dedicated to empowering your creative collaboration.



The success of any performing ensemble involves musical rapport, communication, like-minded priorities, and a commitment to honing the craft as individuals and as a group.

Call **505-232-9010** for more info about private coaching sessions and workshops.