

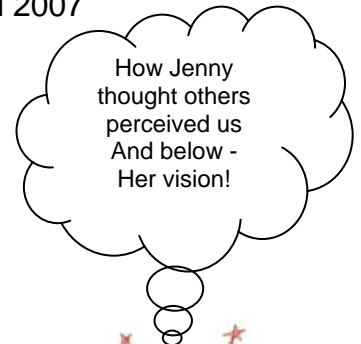
Get comfortable by setting goals!

Downtown Quartet

- This constellation has been singing together for 2,5 years
- Competed two times in regional (2007, 2008) and once in Ireland 2007

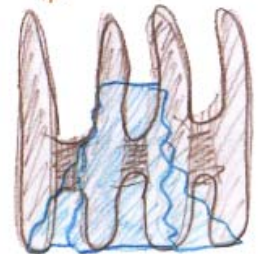
In need of better structure

- Always long discussions at rehearsals
- We wanted too much, and set very high goals
- We focused on what we wanted to do, not on what was feasible
- Everybody was involved in everything
- We have VERY different personalities
- We needed HELP to move forward and gain perspective....



Goal discussion

- We chose to use our head coach. It is helpful with someone from the outside who still has some knowledge of how the quartet functions.
- We worked with two perspectives on the quartet:
 - Inside – how we perceive the quartet
 - Outside – how we think others perceive the quartet



What did we discover at the goal discussion?

- We are all very different from each other
- Many resources that we can put in better use
- Obstacles create insecurity
- We all have the same vision of ONE UNIT



What did we learn?

- To set realistic and measurable goals – for us, B-level by 2009
- Make realistic planning – schedule for the whole competition year
- Rehearse effectively – rotating responsibility at rehearsals
- Feel comfortable in all situations! The tools we used:
 - Retreat weekend before competition to focus
 - Use video camera at rehearsals
 - Plan all activities at contest beforehand
 - Never use same style on outfits

Results

- We reached our goal B-level one year early

Lena (tenor), Gunilla (lead), Annika (bari), Jenny (bass)

Welcome to our home on the internet

www.downtownquartet.com



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DOWNTOWN

NULÄGE



RESURSER

Möjligheter/Styrkor. Hur skulle det kunna vara?

Bra röster
Mycket utja & kunskap
Bra sound

HINDER

Begränsningar/Svagheter. Vad stoppar?

Långsamt
Dåligt minne
Svårt med tiden
Osäkerhet
Otydligt

ÖNSKAT RESULTAT

Målbild. Vision. Dröm.



NULÄGE



RESURSER

Möjligheter/Styrkor. Hur skulle det kunna vara?

Viljan finns
Bra röster som passar ihop
Renhet

HINDER

Begränsningar/Svagheter. Vad stoppar?

Osäkerhet i uttryck
~~En~~ Ej komplett kon

ÖNSKAT RESULTAT

Målbild. Vision. Dröm.

