



# THE INNER GAME

Helping singers to be the best they can be

Helen Willis, Lace City Chorus

[helensings@hwillis.net](mailto:helensings@hwillis.net)



# THE INNER GAME

- Results goals vs Process goals
- The Appreciative Approach
- Mindset Management
- Discussion/Questions

# THE PERFORMANCE EQUATION

$$P = p - i$$

Source: The Inner Game of Music  
T Gallwey/B Green

P = the performance you put on stage

p = your potential, your skills

i = interferences, internal or external

# THE PERFORMANCE EQUATION

$$P = p + a - i$$


Source: Harmony from the Inside Out  
Jan Carley

P = the performance you put on stage

p = your potential, your skills

a = your attitude to what you do

i = interferences, internal or external


$$P = p + a - i$$

The game is:

- To build the skills of our singers
- To enable positive attitudes
- To help them to minimise interferences

# FOCUSING ON WHAT YOU CAN CONTROL

Results goals vs Process goals





# FOCUSING ON WHAT YOU CAN CONTROL

## **Results Goals**

- Outcome based
- Great for preparation
- Not under your control in the performance



# FOCUSING ON WHAT YOU CAN CONTROL

## **Results Goals**

- Outcome based
- Great for preparation
- Not under your control in the performance

## **Process (Experience) Goals**

- Put the focus on what you can control
- You can decide how it will be
- E.g.
  - “To enjoy the day”
  - “To be the best version of me today”
  - “To sing the plan”



# THE APPRECIATIVE APPROACH



# THE APPRECIATIVE APPROACH

## **Problem Solving Approach**

- What is wrong?
- How can it be fixed?
- Why is this going wrong?
- How can this be avoided?

## **Appreciative Approach**

- What's working?
- What else do we want?
- What can we add?

# THE APPRECIATIVE APPROACH

## **Problem Solving**

“Don’t have, don’t want”

- Admonishing
- Ranting!
- Singers feeling
  - Inadequate
  - Defensive
  - Pissed off!

## **Appreciative**

“Do have, do want”

- Ask for more of....
- Good! This time can you.....
- Singers feeling
  - Valued
  - That they can do it
  - Good about themselves


# MINDSET MANAGEMENT

- Check in procedure
- Mind management model
- Visualisation



# MINDSET MANAGEMENT

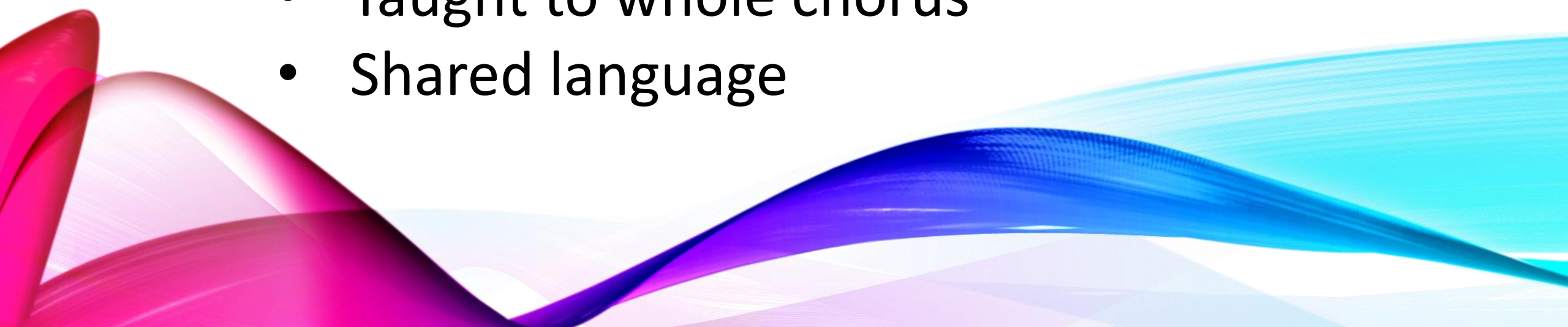
## **Check in procedure**

- Getting in the 'zone'
  - Developing positive attitudes
  - Building self-esteem
- 



# MINDSET MANAGEMENT

## **Mind Management model**

- Tools for dealing with interferences
  - E.g. 'The Chimp Paradox'
  - Taught to whole chorus
  - Shared language
- 

# MINDSET MANAGEMENT

## **Visualisation**

- Relaxation exercise
- Guided visualisation of the event
- Done weekly at rehearsal





# MINDSET MANAGEMENT

- Check in procedure
- Mind management model
- Visualisation





# REFERENCES

The Inner Game of Music

W Timothy Gallwey, Barry Green

Harmony from the Inside Out – Creating and Living Your Performance Potential

Jan Carley

The Chimp Paradox

Prof Steve Peters