

The Professional Mentor :
Teaching with Awareness, Sensitivity, Ethics and Empathy



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Motivation/Purpose/Philosophy
Conditions for Learning
Building Successes
Self Care



"Art is the articulator of the soul's uncensored purpose and deepest will." Shaun McNiff

"Music is the heart of life." Franz Liszt

Frederic Chopin

Andrea Bocelli

Claudio Arrau

Enrico Caruso

Leopold Godowsky

Renee Fleming

Vladimir Horowitz

Maria Callas

Hector Berlioz

Luciano Pavarotti

Sergei Rachmoninoff

Lorde

Steven Osbourne

Cher

Donny Osmond

Adele

Rhianna

Barbra Streisand

Carly Simon

Eddie Van Halen

George Harrison

Arthur Rubenstein

Pablo Casals


Thomas Jefferson

Glen Gould

Sir Laurence Olivier

Abraham Lincoln

Mahatma Gandhi



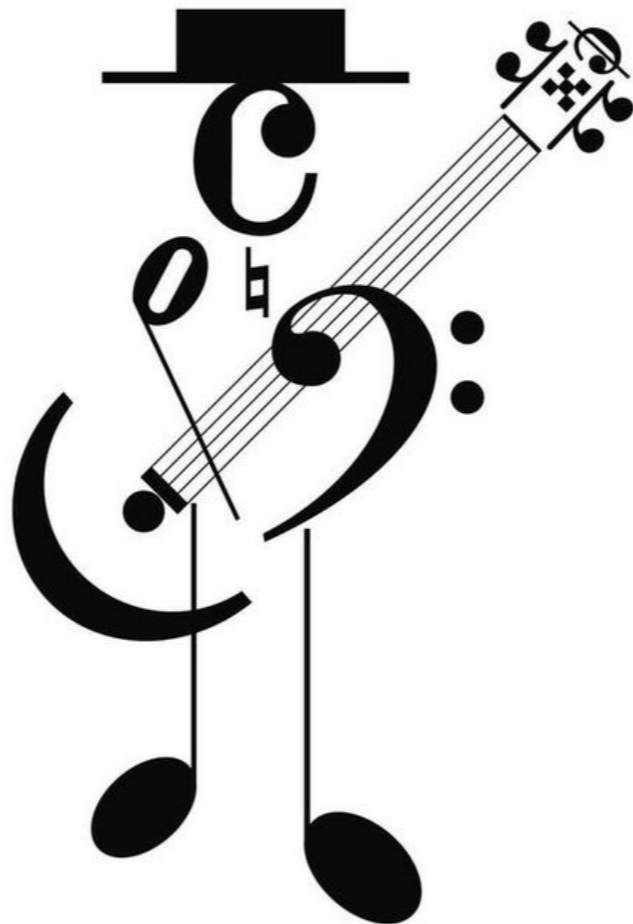
I never teach my pupils, I only attempt to provide the conditions in which they can learn.

Albert Einstein



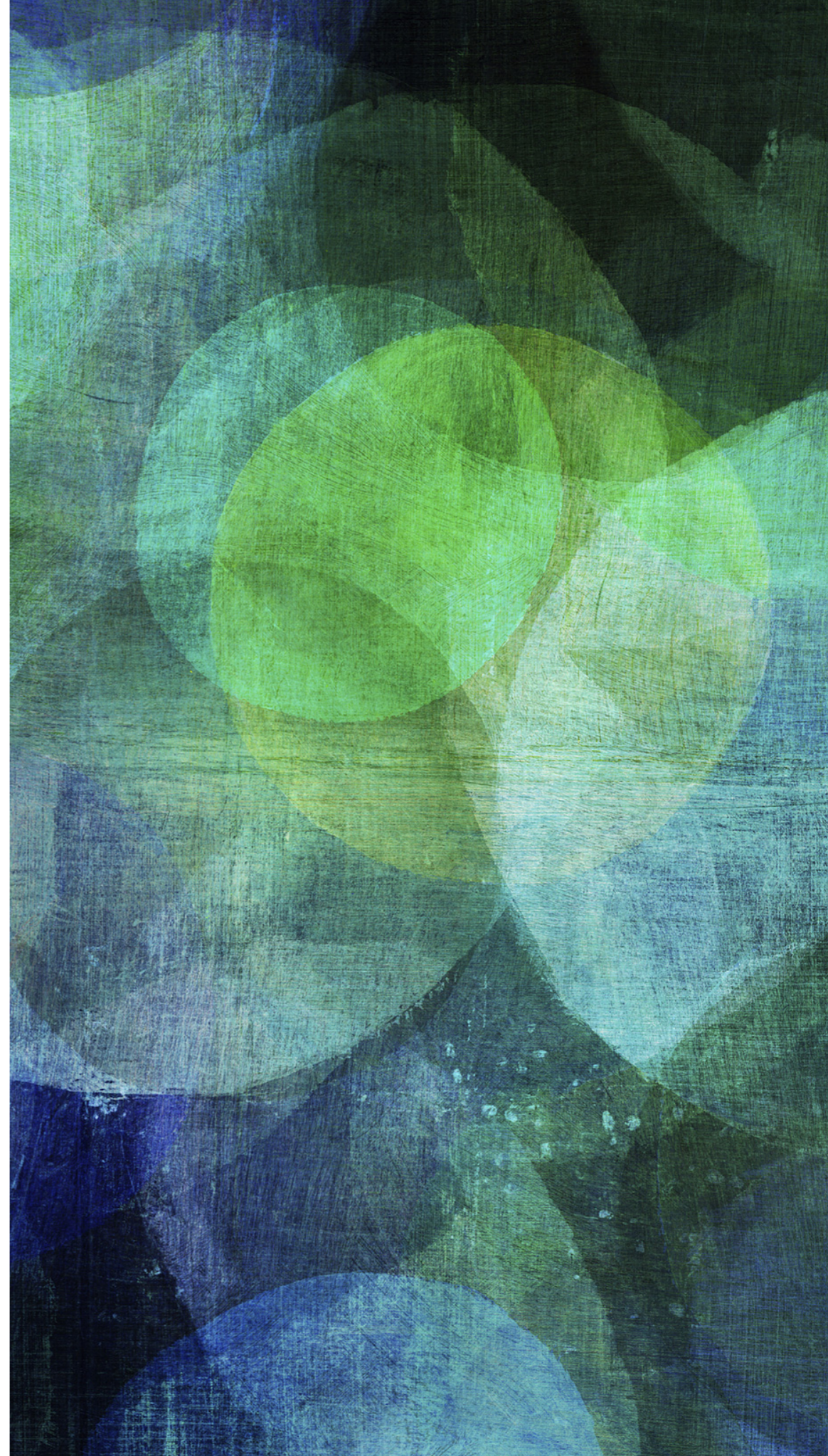
MOTIVATION

- *Why do you teach? What is your purpose?*
- “Educating the mind without educating the heart is no education at all.” Aristotle
- “The job of an educator is to teach students to see vitality in themselves.” Joseph Campbell
- “Every block of stone has a statue inside it and it is the task of the sculptor to discover it.”
Michelangelo



CONDITIONS FOR LEARNING

*“Education is not the filling of a pail
but the lighting of a fire.” W.B. Yeats*



Safety

“Being safe is about being seen and heard and allowed to be who you are and to speak your truth.”

Rachel Naomi Remens, psychologist

Kitchen Table Wisdom

FIGHT, FLIGHT OR FREEZE

- High levels of **cortisol** can wear down the brain's ability to function properly.
- Chronic stress has a shrinking effect on the prefrontal cortex, the area responsible for **memory and learning** - and it can increase the size of the amygdala which makes the brain more receptive to stress.
- **Muscle tension** is almost a reflex reaction to stress - the body's way of guarding against injury and pain.
- When the part of the brain that notices others judging is activated, another region that controls **fine sensorimotor skills** shuts down.

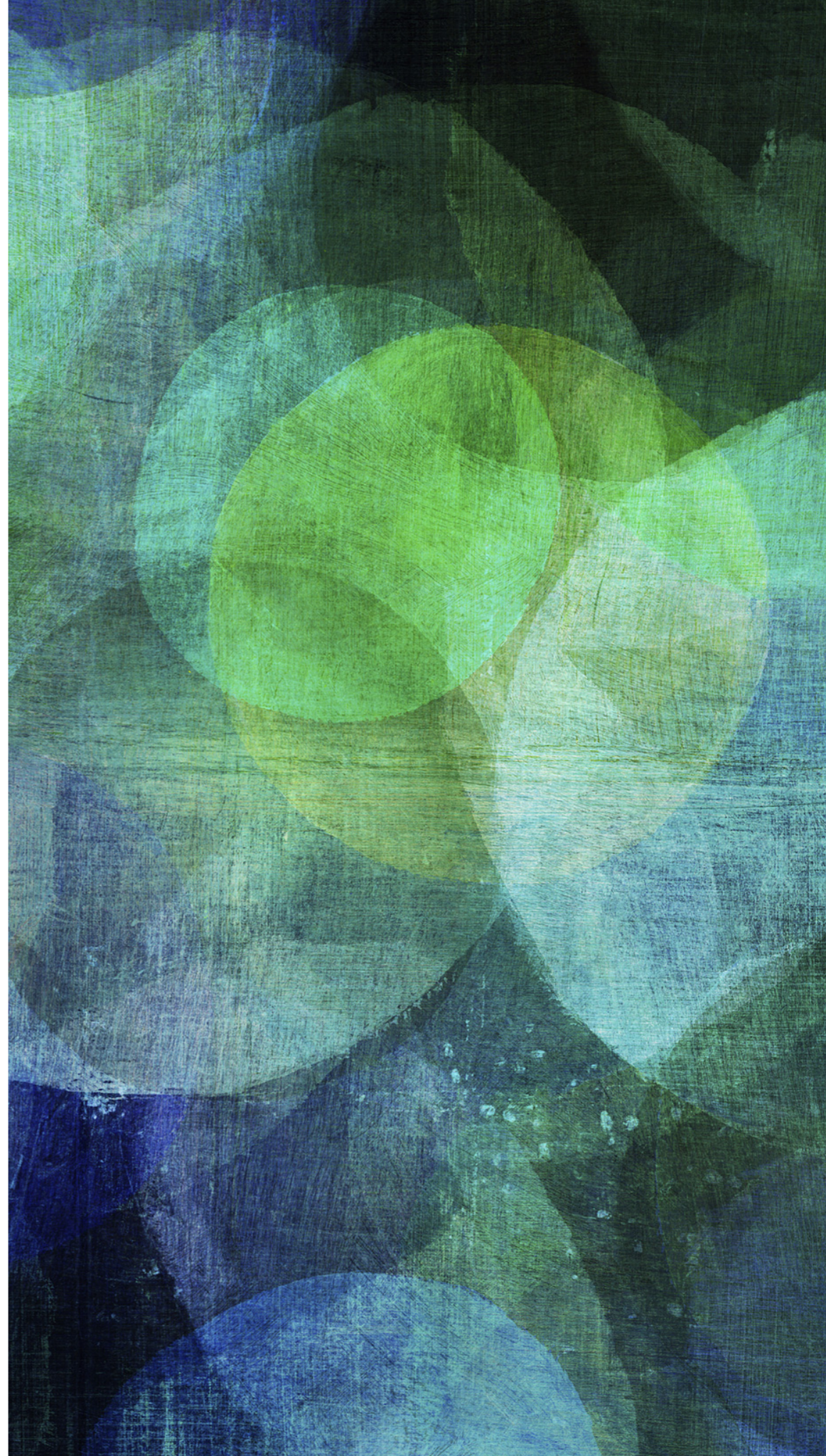


Red: Life Threat – Freeze
Immobility Response

Yellow: Danger – Fight/Flight
Mobilization, Self-Protection

Green: Safe – Relaxed
Socially engaged, Rest and Digest

WHAT ARE THE
CONDITIONS YOU
PROVIDE IN YOUR
STUDIO IN WHICH A
STUDENT CAN
LEARN BEST?





EMPATHY, PATIENCE

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- A teacher can be a reparative experience of attunement and can offer corrective experiences by attuning to the specific needs of each individual student.
- The ability to empathize is directly dependent on your ability to feel your own feelings and identify them. “Know Thyself” Plato
- Empathy requires calm presence and receptivity with no assumptions and a dose of curiosity.



BOUNDARIES, AUTHENTICITY

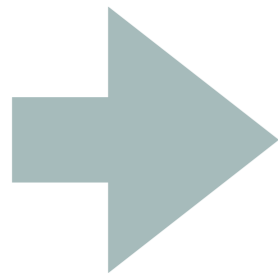
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- ▶ Do No Harm - Honest, yet respectful, sensitive and nonjudgmental feedback. Avoid characterizations (labels) - Focus on the action not the person.
- ▶ Realistic expectations which includes picking appropriate repertoire (challenges well matched to skills) and setting attainable goals to build an emotional bank account of confident experiences and successes.
- ▶ Have good boundaries and integrity, allowing the student to feel safe and yet individuated.

Lorin Hollander, (pianist) “urged music teachers to become healers, to nurture self-esteem in students and affirm their finest values”.



Encourage and foster:



Express vs Impress

Autonomy vs Dependence

Strengths vs Deficits

Risking vs Security

Creativity vs Perfection

Community vs Competition

He suggests that teachers need to learn to understand and heal their own “resentments and fears” to become nurturers of healthy -minded students.

How do we teach from the “art of possibility” and away from the hierarchal view of measurement and competition?

- Normalize performance anxiety
- Encourage a growth mindset
- Allot a portion of the lesson to teaching body and performance practices
- Create mini performances with a variety of pressure to build a solid performance foundation before a big recital or exam
- Set goals with the student to fuel motivation

“The sculpture is already complete within the marble block, before I start my work. It is already there, I just have to chisel away the superfluous material.” Michelangelo

BREATHING TECHNIQUES

- Diaphragmatic Breathing
- Butterfly Breaths
- Square Breathing
- Spiral Breath
- Alternative Nostril Breathing
- 12 Fold Belly Breath or Ujjayi Breath



BODY PRACTICES



- Progressive Muscle Relaxation
- Body Scan/ 10 Points Practice
- Autogenic Training
- Alexander Technique
- Feldenkrais Technique
- Meditation
- Yoga
- Wendy Palmer Centering
- Don Greene Centering
- EFT - Emotional Freedom Tapping

IMAGERY – CHANGE THE CHANNEL INTO THE RIGHT BRAIN

- Safe Space or Soothing Imagery
- Animal Quality or Metaphor Images
- “Act As If”: In the body of a performer that is inspiring
- Recall successful performances in vivid detail
- Mental Rehearsal
- Goal Imagery



FOCUS AND ATTENTION

- Story Telling Strategy
- Power Thoughts
- Performance Directives/Process Cues
- The Singing Brain
- The Pulse Strategy
- Attentional Barrier
- Process vs Outcome



Concentration Grid Game - Mental Focus Exercise

71	91	63	79	31	01	92	21	43	69
12	80	65	74	36	84	54	89	52	11
73	93	90	81	33	03	44	23	45	68
04	34	67	70	22	48	56	02	32	13
75	95	46	83	35	05	82	25	47	57
94	06	98	24	14	64	58	53	72	15
77	97	26	85	37	07	16	27	49	61
28	50	00	30	20	62	60	55	66	17
10	40	59	87	39	09	96	29	51	41
08	18	42	38	76	99	88	78	86	19



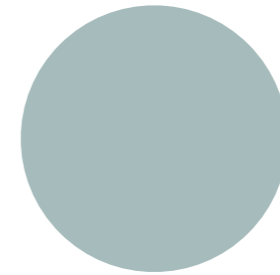
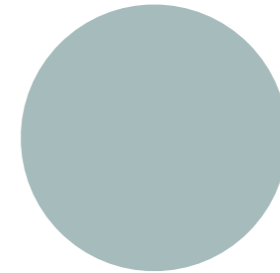
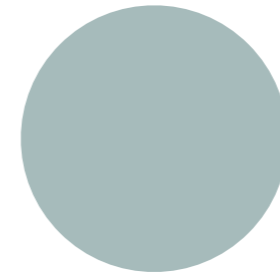
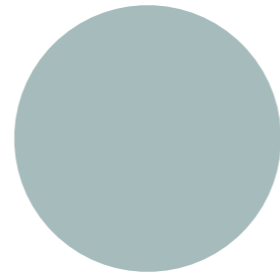
THIS IS NOT AN EASY JOB

we must learn how to look after ourselves





Self Care



- 1. Peer Support/Personal Therapy*
- 2. Massage/Physio/Meditation/Yoga/Nature*
- 3. Boundaries: Fees, Cancellation Policy*
- 4. Balance: Fun, Exercise, No Over Booking/ Relaxation*
- 5. Inspiration/Workshops/Learning/Creativity*
- 6. Time off!!!!!!!*



Teach children the beauty of music and music will teach them the beauty of life.

Jose Antonio Abreu, Founder of El Sistema



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