Join our free online course: From potential to performance

For performing music professionals and teachers (academy level)

Focusing on musicians' body, mind and music.

Please note there are only 25 spots for participants.

Explore your practice processes through practical assignments and engaging live online sessions. Gain new up to date knowledge from research of our specialists, on the musicians' body, mind and performance. And take away tools to create healthy practice habits and routines.

Content and Themes

The course offers a holistic understanding of the process from potential to performance, focusing on three key areas:

- The Body
- The Mind
- The Music/ Performance

Each area combines **scientific insights** with **practical approaches and tools to create healthy practice habits and routines**.

Format and Duration

The course consists of 13 online pre-recorded lessons of 5 to 10 minutes each, connecting to and assignment and a live online session per topic, where you will go more into depth on the subjects. You will also have access to reading lists and your personally tailored assignments.

Topic 1. Body - The musicians' body (recovery, physical planning of your practice, injury prevention) with Erja Joukamo-Ampuja

- Lesson 1. In Moodle + live online session 25 November 2026 19.00-20.00 CET

Topic 2. Body - Musicians' motor learning; Motivation & mindset with Susan Williams

- Lesson 2. A/B in Moodle + live online session 26 November 2026 19.00-20.00 CET

Topic 3. Body - Dealing with injuries with Erja Joukamo-Ampuja

- Lesson 3. In Moodle + live online session 3 December 2026 19.00-20.00 CET

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Topic 4. Mind - Connecting body & mind with Päivi Arjas

- Lesson 4. In Moodle + live online session 4 December 2026 19.00-20.00 CET

Topic 5. Mind - Task focus & flow with Susan Williams

- Lesson 5. In Moodle + live online session 10 December 2026 19.00-20.00 CET

Topic 6. Mind - Imagery & mental training with Päivi Arjas

- Lesson 6. In Moodle + live online session 16 December 2026 19.00-20.00 CET

Topic 7. Music - Creativity, improvisation and productivity in practicing with Erja Joukamo-Ampuja

- Lesson 7. In Moodle + live online session 17 December 2026 19.00-20.00 CET

Topic 8. Music - Expression & Performance preparation with Päivi Arjas

- Lesson 8. In Moodle + live online session 18 December 2026 19.00-20.00 CET

Topic 9. Music - Working with musical intention with Susan Williams

- Lesson 9. In Moodle + live online session 5 January 2027 19.00-20.00 CET

After completing the course, attending all live sessions and sending in the assignments you can receive a certificate of attendance. This course does not provide ECTS or micro credentials.

Registration form

The first 25 participants can join the course.

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