

# THE PRACTICE COACH

## Teaching Quality Practice

With Susan Williams

In Amare from October 2024

*The Practice Coach* is a course for instrumental and vocal teachers who want to explore in depth how to coach musicians. This could be your own students and also those who play other instruments. A coach is someone who helps the student find ways to develop their skills and repertoire and gain expertise by stimulating them to notice, explore and reflect on their process with the goal of helping them to be autonomous learners. The focus is on provoking awareness, self-regulated learning, and autonomy, and is weighted more on asking questions than offering solutions. It is not focusing on telling someone how to play their instrument or repertoire, but rather helping them to learn how to learn. Content is based on principles outlined in the book *Quality Practice* (Susan Williams, 2017).

### The Themes covered in the course are

1. Foundations of learning
2. Explorative practice
3. Motor learning and attentional focus
4. Self-regulated learning
5. Performance preparation and *Flow*
6. Practicing performing and feedback
7. Presentations from the participants

### The course will involve

- Information sessions where themes and their theoretical background are introduced
- Exploration sessions where participants will develop and their own applications, share their insights and try out coaching musicians.

All sessions will take place live in Amare.

- 6 Information sessions are on Fridays from 16.30-18.00 on the following days: 4 Oct; 8 Nov; 10 Jan; 7 Feb; 7 March; 4 April
- 12 group exploration sessions are on Saturdays from 10.00-13.00 and 14.00-17.00 on the following days: 5 Oct; 9 Nov; 11 Jan; 8 Feb; 8 March; 5 April

PRESENTATIONS will take place on Saturday 10 May

**Participants are expected to attend all 6 of the Friday sessions and minimum 5 of the 12 exploration sessions.**

At the end of this course, you will have some extra insight into the art and science of music learning and performance to apply to your own teaching practice.

If you are interested on being a Quality Practice Coach, fill out this [form](#). There is a limit for the number of participants. **Deadline for applying is 11<sup>th</sup> September 2024.**

If you have any questions or want more information, contact Susan Williams: [s.williams@koncon.nl](mailto:s.williams@koncon.nl)