

Topic	Statement
Winter depression	<p>“For me, this week I had like two or three bad days, but not playing, like **** days, autumn is coming. It's night early, it's cold and I think it affected me at some level that was personal.” (Participant 1, Week 2)</p> <p>“To be honest, like yeah, now that it's getting colder and darker like last year. I really, really struggled with seasonal depression. It was really bad and I feel myself slipping back into it” (Participant 11, Week 3)</p>
Potential of one's self	<p>“I think this project really makes us question a lot, maybe the potential that we think we have, but maybe we have even more potential, but we really don't know it, but sometimes it's so hard to get out of your way of thinking. If we really try to make the effort to put in a bit more energy and try this kind of stuff, or like imagining something that you are almost not able to do. But if you really try to, I don't know, I think it might work.” (Participant 10, Week 2)</p>
Approach of HOPE	<p>It's the whole group, so everyone will see how it goes and then we'll share our techniques. And there is no right or wrong answer. And that together with my mantra then it worked really well. I mean, it's just sometimes just little details of your approach. Like a healthier approach to things without so much pressure, negativity. (Participant 10, Week 2)</p> <p>“Yeah it helps a lot. I already took some notes so yeah helps a lot to have these gatherings. I think because sometimes it's very lonely to create this if you don't share it with other people, you can go a bit crazy I think.”(Participant 10, Week 2)</p> <p>“But then, for me personally, like I don't find the time aspect of it effective for myself so I like that what you're doing with this project is bringing all these general techniques and then actually putting them towards a human being and a person, and seeing what works for each person, that's really good.” (Participant 11, Week 2)</p> <p>“I think also in general how I see this workshop that we did, mostly makes us also face our own fears and insecurities in a very conscious way. Because you are writing, so you have to be honest with yourself. And you really need to face it and then act upon it.” (Participant 10, Week 3)</p> <p>“I loved the fact that it was at the same time very, very structured and very clear and at the same time, really open to like if we wanted to add things or things were not working for us ... So yeah and also the way you managed the talking sessions, yeah it was really clear, everyone could talk as much as they needed or wanted and yeah, I felt like it was really a nice process overall. ” (Participant 3, Week 4)</p> <p>“I think what's nice is also because of course it's very important to find your own way first and then hear about it. Because I think every person has his</p>

	<p>own personal way. And our school is always teaching about things and that's what I liked about this project. It's of course not just teaching us how to practise, it's like making us aware how we do things and I think that should be there, in the teaching system like just yeah. It really is your own personal thing, of course, but it's something you need to do, and it's very important. And it's always like "Oh you have to practice very well" and then you're like: "Yes, but how?" and then they say a lot of things that worked for them but maybe it's not working for you and then you like "why it's not working for me? Maybe I'm very bad at practising" And now you can just really yeah, do your own research. I'm really going to continue writing down practice notes. You know that book we got from Quality Practice? I don't think I'm going to do exactly what's written, I'm just going to do a little bit of this and a little bit of that, and I find my own. (Participant 7, Week 4)</p> <p>"It changes a lot if you have the right mindset and if you really find your purpose of practising and then everything goes way better. It doesn't make sense that you just keep practising and concentrating on your goals and stuff if you don't see the bigger picture. In the future, if I'm struggling with something I think it's important to know the signs and to understand [what are] the reason[s]? And for me, [it is] usually [the] things that are not so directly related with the little section of the work, it is more about maybe I don't believe that I will play this well, or maybe you know bigger problems, so I think this the secret for me is really to tackle those problems when they appear." (Participant 11, Week 4)</p> <p>Sometimes it's not only knowing if you need to do it or not. It's also how you are going to do it. That probably was also what was missing for me because I've been thinking about our practice in terms of taking charge and mindfulness and having the mantra, so this was really an approach that I've never considered. I finally had the tools, a way to approach the problem or the many problems that arise, so I think that's the main difference. Also, the flexibility that now we have of making our own tools. Yeah, so I think it's more on the "How to do it". Not just "You need to do it". (Participant 11, Week 4)</p>
Group meetings benefits	<p>"It was very different to be in a group with just students and then I realised it makes a huge difference for me because my teacher, she talks a lot about this kind of having the mental image of what you want to do musically. For me sometimes it's so much pressure and then with this week you just said you just try out the techniques, see what works for you and for me was really the step that I needed to really lose my fear of doing it and just do it because I didn't felt the pressure that I need to do this right. For my teacher in the lessons, you know it's a bit scary sometimes. And then when I was alone, I really closed myself and just did whatever I felt like it's safe for me. But because your approach is so relaxed and I feel like I'm not the only one who is going to try it out this next week. It's the whole group, so everyone will see how it goes and then we'll share our techniques. And there is no right or wrong answer." (Participant 10, Week 2)</p> <p>"This is something that I thought was really so helpful: to have these</p>

discussions with people and to hear the experiences of others and to relate to someone, like: "Ok, so I'm not the only one that this is happening to." That helps tremendously for me. And I was recently thinking more about the fact that I often don't really know what to do in my practice session. I feel like musicians don't usually talk to each other that much about what happens in the practice sessions and the practice room. And for me, it really feels so good to be able to talk about it to realise things quicker and to hear about other people's experiences. I think it's so useful." (Participant 3, Week 3)

"Yes, it's a really solitary and very competitive instrument, so sometimes it's also hard to speak about these kinds of things. I think these groups work well also, because we play different instruments, so you don't fear any kind of competition." (Participant 10, Week 3)

"I thought the group meetings were really good. Everyone can talk about their practice and be honest, and I find that I'm not alone because everyone will [face some] troubles. But normally we don't talk about this, but in this workshop we talk about it, and it feels good to me knowing that I'm not alone." (Participant 5, Week 4)

"Yeah, you do really well. You have a very good atmosphere of making people feel safe and heard, also in the more difficult sessions." (Participant 6, Week 4)

"I think just the aspect of talking to people about this and reflecting once a week, once every two weeks or so, when you said reassuring, like just the sense of you're working together on something, and I think that's something that even if you have group lessons with your teacher, it's usually different because group lessons are focused either on technique or performance classes, which is definitely needed as well. But this is also because you're not necessarily with people from your instrument. Yeah, it gives a bit more of this broader perspective on. "How do we work? What are we thinking about? How do we feel?" And I think that's just for me, something very nice." (Participant 6, Week 4)

"I just find it strange that we have all those theory lessons and all those kinds of things, but not more of these kinds of things (lessons on practising) because this is like the most important thing there is in the whole world for us." (Participant 7, Week 4)

"We're not going to end this because I hope we keep talking, all of us. And it's quite nice to also see different students of [a teacher] and also talk about these kinds of things. Because we are a very open group and also

	<p>very nice to each other. That's nice. Some [instrument] groups are like [weird noises] this kind, but that's not, I don't feel it in our class.” (Participant 7, Week 4)</p> <p>“I will do it (group meetings) in my own country. I will start.” (Participant 8, Week 4)</p>
<p>Student-teacher dynamics</p> <p>(Struggles/Help)</p>	<p>“It happens lot of times all my life in lessons that the teacher knows how to reroute me and I end up the the lesson playing a lot better than how it began and I think it happened in maybe 75% of my lessons in my life that I end up playing better than than before just because someone told me, “hey it's not here, it's there”, and in my practise alone it happens not a lot of times.” (Participant 1, Week 2)</p> <p>“Also with [my teacher], I really don't want to disappoint her, so then I hear [their] voice like a lot in my head but I always hear my own voice arguing against it like “but I can't do that” or “I will not do that in the next lesson” or “Oh yes, I found the sound in the lesson” and then one day later I'm like, “oh, but I will never get that again”. And that's the big struggle.” (Participant 7, Week 2)</p> <p>“Like in my lessons, [they] know exactly what to do and it's crazy. In my lessons, I'll come in and I'll be like I'm so sorry, like I'm really not feeling great and [they] will just like “OK, let's start” and then by the end of the session, I'm like, “Wait, how come I'm playing so well, like I thought in the beginning that I wasn't ready for this”....Yeah, like my teacher always says in my lessons like “Go for it” like that's [their] thing, like that's [their] mantra or something, but [they are] always telling me like “Go for it, go for it.” In the beginning I was so uncomfortable with that like just having permission to go for it, you know, so so afraid. But now it's something that I actively do because [they have] said it to me so many times.” (Participant 11, Week 2)</p> <p>“I think it's nice, also you can really learn a lot from fellow students.” (Participant 9, Week 3)</p> <p>“Because our teachers, these are people that the way they were taught and the way they studied was really so so so intense. And of course they are really successful [instrumentalists], so you kind of cannot sometimes ignore that there is a huge commitment on their side. When they were our age, they practised like 10 hours a day, every day. So why shouldn't you do the same? You know this is something that is never talked about, how it maybe works for some people, but I think for a very minority that this can work. I think a [instrument] teacher has hundreds of students that tries to kind of instigate this level of demand that you need to also do this. For the majority of students, I think this won't work and should be better. I know that every [instrumentalists], this we talk about, the guilty feeling. It's something that is really horrible because many people suffer with this. (Participant 10, Week 3)</p>

	<p>"It's nice also to hear their struggles, and maybe then not in big groups but just small groups." (Participant 12, Week 3)</p>
Confronting fears	<p>"But the pattern of practising and like obsessive instinct, I think it was more this week that I started to take a step back and yeah, and what helped me was really thinking about taking charge. Like you are your own boss, you know, you cannot let your fears interfere with you." (Participant 10, Week 3)</p> <p>"I think the way you practice also reveals a lot about your habits and your insecurities. Now that I'm trying to be conscious about these patterns and I think it has all to do with insecurities. I think musicians usually have lots of insecurities. I think each one of us has our own insecurities. But yeah, for me it's helping a lot to deal with it and at least to think there is a solution for that. The mantra and how you approach the practice session, how you really don't let these insecurities tell you what you are going to do now. You take charge and yeah so for me it's something I want." (Participant 10, Week 3)</p> <p>"I think that's also why this project has been a little bit like overwhelming in a sense, because it's really been making me like confront how I feel about things and I think this has to do with also like my avoidance and everything and so a lot of this stuff that I'm discovering about myself feels like I'm not in control of my emotions and I'm not in control of like what I want to be doing and how I want to be progressing and my goals, like long term goals and what I want." (Participant 11, Week 3)</p>
Connection of HOPE/practice with personal life and growth	<p>"This kind of workshop and your master research came at the perfect time for me because it was at the same time that I was dealing in a new way with personal problems and personal approach to my work in general but also my general life. So, I think it was really the perfect time to start exploring and to have like other people to talk to and to hear other ways of doing and working" (Participant 3, Week 3)</p> <p>"I feel like I need a mantra for like not just specifically practising, but I like the life you know. Or something that applies to me in a general sense ,like a mantra for myself that also applies to playing, because I feel like it's so connected for me." (Participant 11, Week 3)</p> <p>"If I ask you, how are you, do you think about your practice? 'cause when someone asks me: "How are you?" and I say: "Like oh very good. I practise, so... so no. Or "Awful, I couldn't practise today." It's never like "Oh yeah, good day, I walk with the dog and it was so nice. It's always like "Ah, did I practice? Yes, no?"'" (Participant 7, Week 4)</p> <p>"Y'know, it happened to me so many times like calling my mother. My mother is like "Oh, how did it go today?" And I'm like "No, mom... I didn't practice" It happened so many times!" (Participant 8, Week 4)</p> <p>There's so much that goes beyond [practising] that which crosses into the territory of mental health, how you feel about your day, how you feel before</p>

	going into the practice room, how you feel about yourself as a musician and that can really change the way that you focus, the way that you practice ... your confidence [and] your motivation" (Participant 11, Week 4)
Future personal directions	<p>"There are different paths for musicians and we are workers, we are not rock stars, we are not film stars. We are workers, so a pianist can be an accompanist. For all your life you can work on accompanying other people and not being known by anybody ,and you still can be a working musician and a good musician." (Participant 1, Week 2)</p> <p>"We are the next generation of teachers. So we can really change something, anything." (Participant 10, Week 3)</p> <p>"And also about of course the way you categorise what is a successful musician can also be very different because... Of course [instrument] teachers, many of them are concert [instrument]. At our age, they were already with big, huge careers and then a few years later they kind of settled and started to give lessons. That's also not the only model of being a successful [instrumentalist], you don't have precisely to follow that phase." (Participant 10, Week 3)</p> <p>"Yeah, mindfulness, for me, it feels like it's a whole life journey" (Participant 12, Week 3)</p>
Advice given to other participants	<p>"And it's also impressive, the strength you show that you want to change it and then you will. It will be very slow and it will feel the same with this (earlier topic on pain) it will feel awful. But if you know your goal and your goal is to feel better and it's maybe very far away. But just keep fighting in a positive way, like don't be ashamed of how it feels and also just know "OK, today I feel awful. That's OK." Because it's normal. You don't need to feel good every day and also your practice doesn't need to feel good every day. (Participant 6 to Participant 7, Week 3)</p> <p>"And at that peak you really need to do something to address your emotions and you're gonna keep like putting layers of **** on top of it because it doesn't work. You need to start digging and digging it out and writing and exercising and be active. Because if you are passive you're not going to change anything." (Participant 2 to Participant 11, Week 3)</p>