

OVERCOME PAIN, ANXIETY AND SELF DOUBT IN 60 MINUTES

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Are you sick of that bummed shoulder? Are you missing gigs and feeling like you don't belong on that stage? Are you feeling the pressure to write, perform and always be on?

What if there was a formula that helped you flip that creativity switch to ON whenever you wanted?

What if that same formula helped you (or your artists) finally go from *emerging artist* to professional working musician?

Good news... there is. And it's as simple as A-B-C...

Let me explain...

In 2015, I was set on becoming an Olympic Athlete. Everything changed after a serendipitous meeting backstage with Belgium Indie Pop band, the Intergalactic Lovers...

After spotting the guitarist rubbing his shoulder, I put my Certified Personal Trainer hat on and I asked him if I could help. I showed him a couple tricks with a massage ball and some stretches and 5 minutes later his shoulder felt like a million bucks! We parted ways, joked about tagging along on the rest of their tour and thought nothing of it...

Somewhere over the Atlantic two days later on my way home, I knew I had something special. Musician Wellness.

Fast forward 9 years...

...and I've combined thousands of hours, hundreds of mistakes and over two decades of professional experience in the fitness and music industries to create the only coaching system built to empower emerging artists and their teams from the inside out. I help

artists build the confidence and conviction to write better songs, play bigger stages and unleash their inner rockstar.

How, you might ask?

Simple. Building confidence is a lot like building a house...

It starts with a well-designed blueprint. A game plan. Then, a rock-solid foundation of identity. Only then can we build the walls and the roof (habits) and decorate the place to make it more our vibe (specialization/scale).

Guaranteed Results

My 60-Minute Integrative Workshop is specifically designed to help emerging artists who want to level up their careers. By the end of the workshop, I personally guarantee all participants will have tools to overcome pain, anxiety and self-doubt and build on-stage confidence from the indie out. We bring the inner rockstar out of the indie artist.

How To Survive The Rockstar Lifestyle: An Integrative Workshop For Emerging Artists & Industry Pros To Create A Sustainable Career In Music

Nowadays, even 10 seconds of fame seems like a stretch. Since the TikTok and Instagram era, more and more emerging artists are burning out and finding it impossible to earn a living doing what they love. I hear it all the time, “How are we supposed to help others and make them feel something with our music when we can’t even get out of bed ourselves?”

Join me for a signature workshop geared toward solving this problem. In just 60 minutes I personally guarantee to give you the tools and confidence to relieve any physical pain, overcome anxiety and self-doubt and turn that emerging artist persona into a full-fledged rockstar.

I empower emerging artists to write better songs, play bigger shows and make their dreams of playing music for a living come true.

Once we pick a date, we’ll work together to tailor our session to you and your band, team, or organization’s highest priority. To start to get you thinking, the areas I specialize in are as follows:

- Creating Confidence
- Overstrain Injuries & Postural Correction
- The Touring Lifestyle Challenges
- Performance Anxiety/Stage Fright
- Overcoming Imposter Syndrome
- How To Deal with Dickheads
- How To Get More Fans
- Hold my Near Beer: Musician Nutrition
- Artists as Athletes: Movement For Musicians

- How To Build a Setlist That Sells More Merch
- How To Beat Writers Block
- Songwriting with Authenticity & Purpose
- Conflict Resolution (bands, managers, promoters)
- Tactical Negotiation (how to sell more merch, book bigger gigs and increase your performance fee!)

General Outline

0-10: "Open Hot" (Intro and agenda)

10-15: Breakthrough ("Aha" Moment)

15-45: Exercise #1 (Integrate first "aha")

45-50: TIA (Takeaways, Integration, Action Steps)

50-60 Closing & Call To Adventure

After I open up with a quick story and outline the day's agenda, we'll dive into an integrative workshop focused on real-time responses from those in attendance. This results in a fun, engaging user experience.

I am happy to offer this workshop at no-cost to your organization (regularly priced at 287 USD) in exchange for the opportunity to present your team a call to adventure with preferred member pricing options to stay connected with me if they wish to dive deeper.

Learn more about me, my coaching system and hear what others have to say at www.musicftcollective.com