

**Performance Training Workshop for Musicians and Performers, Zagreb, December 2025 [ENGLISH]. Duration: 5 hours.**

This workshop is designed to support musicians, and performers in one of the most essential yet often overlooked aspects of their artistic life: ***the mental, physical, and emotional preparation behind performance as well as increasing of self-confidence among performers.***

While we will not be focusing directly on musical interpretation or rehearsal techniques, the aim is to provide practical tools that help musicians perform with greater freedom, confidence, and joy.

Performance coaching brings together a wide range of approaches — from managing stage fright and perfectionism, to relaxation and yoga techniques, to methods of mental rehearsal and visualization. One powerful exercise we will explore is the guided visualization of an exam or concert day, walking step by step through each detail in the mind before experiencing it in reality. Such practices help musicians prepare more fully, reduce anxiety, and approach the stage with calm and clarity.

The group setting is a central part of this work. With around 10–15 participants, the workshop will create a space where musicians can share experiences, discover that they are not alone in facing performance challenges, and learn from one another. Feelings of anxiety, shame after a performance, or pressure from perfectionism are much more common than many realize. Often, participants leave these sessions with a sense of relief and solidarity, having seen how their own struggles are mirrored by others.

Participants are welcome to attend with or without their instrument. The focus is on exploring different strategies — from stage presence and organization to practical practice methods and mental techniques — that support healthier, more resilient, and more fulfilling performance.

**This approach has been shaped in dialogue with the inspiring work of Päivi Arjas, professor of performance coaching at the Sibelius Academy in Finland, and founder of *Joyful Performance* and *From Potential to Performance*. Her initiative gathers many of those themes and ideas, and has been an important influence in developing the workshop that she continues to share worldwide. Her course participants have included students and educators from across Europe, North and South America, Australia, Russia, the Far East, and several African countries.**

**In 2019–20, Kosta Jakic, pianist, studied at the Sibelius Academy, where he had the privilege of being Päivi Arjas's student for two semesters. Inspired by her words and remarkable work, in 2022 Kosta Jakic and Päivi Arjas co-organized a week-long workshop at the Royal Conservatory of Antwerp. The project brought together**

**classical and jazz students, combining practical sessions with in-depth discussions. Each day, faculty professors joined for 1.5-hour conversations centered on the value of constructive feedback and on fostering a more cooperative, equal relationship between students and professors.**

The goal is not only to give musicians tools for the stage, but also to help them discover a more joyful and authentic connection with themselves and with their audience.





**Workshop organised by Kosta Jakic in partnership between Sibelius Academy (Päivi Arjas) and the Royal conservatory of Antwerp. Organiser in Zagreb: Centre for Promotion of Tolerance and Holocaust Remembrance (Centar za promicanje tolerancije i očuvanje sjećanja na holocaust).**

<https://www.paiviarjas.com/about-me/>

<https://web.uniarts.fi/practicingtipsformusicians/>

<https://www.kostajakic.be>

<https://centartolerancije.hr/>