



Study on Improving Music Performance and Managing Performance Anxiety

Participants Wanted!

Participants will...

- Get a free, online **mental skills training workbook**
- Complete pre- and post-tests including questionnaires and a performance for a jury
- Have a chance to **win one of two \$50 gift cards**



Who is eligible?

- Post-secondary music majors
- Must have 5-7 min. of polished repertoire to perform

Participants will be accepted on a first-come, first-served basis.

For more information, contact
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This study has received ethics approval from the Research Ethics Board at the University of Ottawa.
REB file: H-10-23-8956