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Some recent workshop and presentation topics:

- Building and Breaking Habits for a Productive Life
- Developing a Strategic Practice System
- Skills for Confident Performance
- Building Your Studio and Teaching Skills

Building and Breaking Habits for a Productive Life

Learn the core behavioral principles behind *why we do what we do* and apply them to habits you would like to change. We'll get into effective strategies and tools for documenting those habits and shaping your behavior over time. **Building and Breaking Habits for a Productive Life** is a great way to start the summer!

Session 1: Core Behavioral Concepts of Habit Building and Breaking

Session 2: Antecedents and Consequences

Session 3: Pinpointing and Measuring Behavior

Session 4: Charting Behavior

Session 5: Shaping Habits

Developing a Strategic Practice System

Supercharge your practice by building a customized practice system that meets your progress goals and challenges, now and in the future. Learn how to assess progress and implement solutions, and to measure whether they are having their intended effect.

Session 1: Values, Roadmapping, and Practice Logs

Session 2: Writing SMART goals and pinpoints; developing accountability systems

Session 3: Practice Strategies

Session 4: Structuring Practice Sessions

Session 5: Monitoring Progress and Demo Practice Session

Skills for Confident Performance

Confident performance starts before you step onto the stage. In this series, we'll explore topics of centering (Dr. Don Greene), simulation training, memorization techniques, and decreasing the aversiveness of listening to/watching yourself perform.

Session 1: Performance Skills Self-Assessment and Goal Setting

Session 2: Don Greene's Centering

Session 3: Simulation and Adversity Training

Session 4: Listening to Yourself Play

Building Your Studio and Teaching Skills

Musicians who work as teachers are usually the products of their unique history of attending years of music lessons, masterclasses, and other educational experiences. It is not a given that those experiences will translate into *effective teaching practices*. This six-part series focuses on how the science of behavior and learning can help you build a vibrant teaching practice that draws students to your studio and retains them for many years.

Session 1: Nuts and Bolts—Structuring an effective lesson, using digital tools, writing studio policies, communicating with parents, and managing the books.

Session 2: Starting with New Students—Building a practice log, using technology to capture lesson notes, assigning practice, and having proper accountabilities and follow up.

Session 3: Behavior Management Tactics—Creating a positive environment through behavioral supports that motivate students to participate during lessons and practice daily.

Session 4: Teaching Strategies—Teaching new skills for mastery, and working with children who don't get it on the first go around and need additional practice.

Session 5: Working with Parents and Families—Working with parents and helping them to support their child's music education.