

Top 3 Lessons I Learned From Working With a Top Symphony Player

Hey there!

Ready to start working with a symphony player? Curious about what it's like?

I just finished 3 years of working with a professional from the Pittsburgh Symphony.

Here are the top 3 things I have learned.

Eleanor

Confident
Musicianing

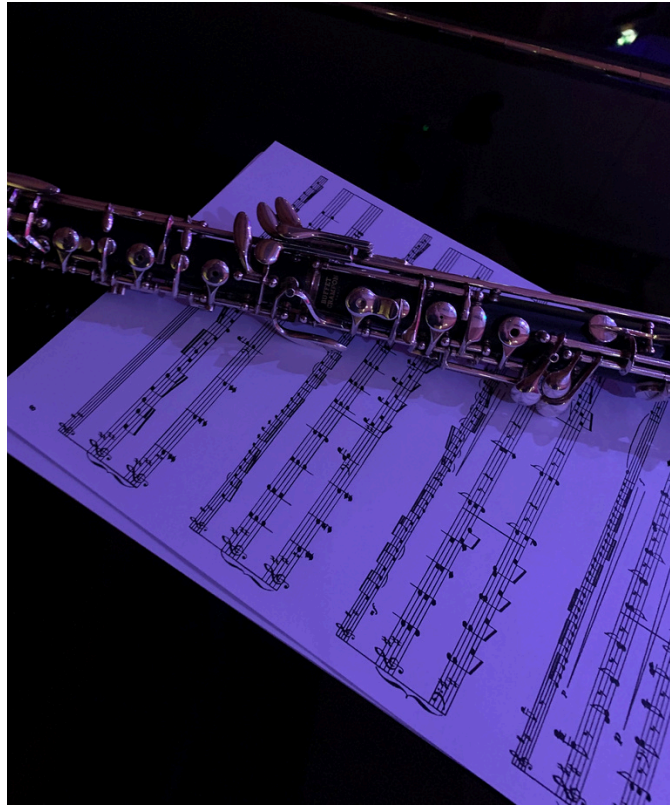


WHAT I LEARNED FROM A TOP SYMPHONY PLAYER

01.

To expect more of yourself

There are two ways of going about this. The first is how I tried before I started working with this teacher. It's a little vulnerable to talk about, but I tried negative thoughts, disliking everything I did, and not being satisfied with anything.



Spoiler alert: that got me nowhere.

When I started working with this professional, I started expecting the best that I can do, but from a different approach: from an inspired one that didn't beat myself up in a negative way. I just knew that I could keep going and do better because I believed in myself, and that's the difference. That is a whole different way to look at it, and I was excited to learn and get better. After that I did definitely improve.

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02.

To find something to learn from every situation

Last summer I didn't have as much practice time as I had hoped for. Because of this, I worked on making my practice more efficient. More importantly, I changed my mindset from, "oh no, I don't have as much practice time" to "here is a great opportunity to work on having efficient sessions."



I was able to share this with my teacher in an inspired way that created an opportunity to grow.

Every failure, every success, and every challenge is going to teach you something. I challenge you to look for that.

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03.

Letting go of being defensive

I'll be honest, this is a little personal, but I think it is important to note.

You know when you are working on something, and you think that is has gotten so much better? Then when you have your lesson, you teacher points it out and says you need to keep working on it.

There is a part of you that wants to get defensive because you worked SO HARD on it. But what I have learned is that being defensive is a quick way to stunting your growth. I learned quickly to lean into constructive criticism not as a negative thing on your hard work, but a way to grow even more.

I know this one might be a bit vulnerable, but it's important to share.



Hey there musician!

Working with a top symphony player can be so helpful and rewarding. I hope you found this beneficial!

All my best,

Eleanor

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PS. Have an audition coming up?

Scan for audition confidence!

