



LECTURE SERIES
**MUSIK &
MEDIZIN**



Performance In the Spotlight: An Interdisciplinary Approach
To Informing Performers' Training, Health and Wellbeing

Aaron Williamon, Centre for Performance Science, Royal College of Music | Imperial College London, UK



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**mozarteum
university** ●



December 18, 2023

17:15 Salzburg (CET)

Lecture: In Person & Online
Participation Free of Charge

(Inter)Mediation. Musik – Vermittlung – Kontext | Interuniversitäre Einrichtung Wissenschaft und Kunst

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Performance In the Spotlight: An Interdisciplinary Approach To Informing Performers' Training, Health and Wellbeing

Aaron Williamon (London, UK)

The results of recent research suggest that stress and anxiety are widespread among musicians and that healthy approaches to training and working in music are far from uniform throughout the profession. This lecture reviews the latest developments in the field of performance science to examine how musicians can equip themselves with skills to excel. It also examines how music educators, administrators and policy makers can play an active role in providing supportive environments where health and wellbeing is considered integral to professional music training. It concludes with an introduction to the RCM's groundbreaking Performance Simulator, and how it is being used to hone performance skills and facilitate learning in the spotlight.

Aaron Williamon is Professor of Performance Science at the Royal College of Music, where he directs the Centre for Performance Science. His research focuses on skilled performance and applied scientific initiatives that inform music learning and teaching, as well as the impact of music and the arts on society.

The Salzburg lecture series **MUSIK&MEDIZIN** presents scientific and artistic contributions from leading international experts in various disciplines to explore the interactions and mechanisms between the experience, processing and psycho-physiological impact of music on humans and to understand how music may promote health and wellbeing. The lecture is part of an interdisciplinary course where the referents discuss themes of their fields of research. - **Idea & Direction** Katarzyna Grebosz-Haring (Systematic Musicologist | Programme Area (Inter)Mediation, Focus Area Science & Art | University Mozarteum Salzburg / Paris Lodron University Salzburg) - **In Cooperation with** Günther Bernatzky (Biologist | Paris Lodron University Salzburg) and Leonhard Thun-Hohenstein (Child and Adolescent Psychiatrist | Paracelsus Medical Private University Salzburg)



Time & Place

December 18, 2023

17:15 Salzburg (CET)

Atelier in KunstQuartier

Bergstraße 12a, 1st Floor

5020 Salzburg

In Person & Online

Registration Required for Attendance

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Access Data

<https://www.microsoft.com/de-at/microsoft-teams/join-a-meeting>

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