Crush the Jitters!
Strategies for Performance Anxiety Management

presented by
Vanessa Cornett-Murtada,
Director of Keyboard Studies
University of St. Thomas

Sponsored in part by:
The Department of
Music and Theatre Arts
Keyboard Division
Guest Artist Series

Friday
Feb. 3, 2012
10:00 a.m. - 10:50 a.m.
Location TBA

Vanessa Cornett-Murtada is the Director of Keyboard Studies at the University of St. Thomas in Minneapolis – St. Paul, where she teaches piano and piano pedagogy, and coaches students in performance anxiety management techniques. She holds a DMA degree in piano performance from the University of North Carolina at Greensboro, and is also a licensed hypnotherapist and certified meditation instructor. She has given workshops on the topic of performance anxiety around the U.S. and in England, Ireland, Italy, Serbia, Croatia, Greece, and Taiwan. She is the author of a number of articles, including a chapter on “Performance Anxiety Management” in the textbook Creative Piano Teaching. Her interdisciplinary paper on the topic of music and the mind recently won the Editor’s Choice Award for Outstanding Neuroscience Pedagogy Article in the Journal of Undergraduate Neuroscience Education.