



## Weekly Live Coaching VIPs Notes 25th March 2020

I wanted to share a few tips on how to stay focused, creative & positive whilst in lockdown.

I realise everyone's situation is different so please share what you are doing so we have many different perspectives & can foster this online community to band & work through this together.

With this in mind, here are some things that I have found helpful:

1. Wallow for a little bit! It sucks to have gigs cancelled & have life turned on its head, let alone the financial, health & social issues we are facing! Blob for a few days then I want you to refocus & try your best to uplevel your creative situation. If you need help with mindset, I have some tips today but you can always reach out to me if you need to chat.
2. Limit media consumption as in news & Covid-19 info. You can keep up with things on a daily basis to stay informed but no need to be checking the situation every hour.
3. Find joy EVERY DAY. Refill your creative cup with music, documentaries, books - anything that inspires you & makes you feel good. Share your recommendations PLEASE!!
4. Focus on mindset - how do you want to come out of this? What do you want your voice, music & overall creative output/mindset to be when you come out of this? We WILL be coming out of it so how do you want to emerge?
5. Have a vision or focus for your outcome this year & certainly for the next 4 weeks.

### **My vision:**

I am going to show up daily to inspire & share ways you can stay focussed on your vocal & creative development plus encourage you to pay special attention to maintaining & boosting your vocal, physical & mental wellbeing & self-care goals & rituals.

We will come out stronger at the end of this!

What will your vision be? Share with me in the FB group or via email.

## **A question for you:**

So how can I help you achieve this? I am struggling to know exactly what you need help with to be able to navigate this crazy time.

I will continue to deliver the content I had planned that keeps all of the base elements of vocal health & singing technique, however, I also have artist development, live streaming & online video & recording knowledge.

I can also help with planning, budgets, organising as that is my actual superpower.

Let me know what you are struggling with & need help with.

Remember I am still available for online coaching & song studies.

## ***Here is some info on these options:***

### **Online Coaching Information:**

<https://youtu.be/kbqD3wLyHNs>

### **Booking link:**

<https://bookme.name/BigNotesGetVotes/vocal-coaching-session-online>

### **Song Study:**

<https://youtu.be/tMKXRteAJrU>

### **Booking link:**

<https://bookme.name/BigNotesGetVotes/lite/song-study-review-audiovideo>

## **Here are some additional ways I plan to connect in the coming weeks.**

- Every April & September I host a Get Gig Fit 30 Day Action Plan. I will be live-streaming weekly in all of my groups (including this one) & on YouTube during April to chat through the daily tasks & answer questions for about 30 mins on a Wednesday at 2pm.

On my social platforms, there are daily videos & tips that roll out as well so please like/follow on the Instagram or FB page to keep up with those & try them out!

<https://www.instagram.com/bignotesgetvotes>

<https://www.facebook.com/bignotesgetvotes>

- I am also planning to hold monthly workshops which I would love feedback on. These will be two hours long on a Saturday morning & will be a deep dive into a particular subject.

Any thoughts?

- My first thought was maybe showing you how I set up my live streams & take you through the process of filming a video for YouTube plus all the back end options you can use to make sure it gets discovered as much as possible.

It has never been a better time to do this.

- Music Business Worldwide has said that streaming is down on music platforms but slightly up on YT. People aren't consuming music in the way they were due to not commuting/driving as much so it's a great time to get your YT channel up & running or to give it a bit of extra love.

YT is never going to go away & should be an area of focus for all musicians/creatives. It's a more powerful platform than IGTV as it is an active search engine so there are more opportunities for discovery.

Learning how to record video & audio at home on a shoestring with what you have is the first step. You don't need to get super fancy but there are a few key things you need.

If you are interested in learning more, let me know!!

**Technique Spotlight** = Performance tips - pre & post-performance rituals & navigating performance anxiety.

These will apply whether you are online, live in person or recording.

You can download the [Performance Preparation & Managing Performance Anxiety Tips slides](#) from the session from the FB group units section or on the BNGV live coaching session page here:

<https://www.bignotesgetvotes.com/live-coaching-session-25th-march-2020/>

## Live Coaching/Q & A's.com

I had a question come through about how to navigate releases that don't go as planned.

1. Authentic connection all year round. Check out the info sheet in the resources section of the FB group, on the BNGV live coaching age or [download here](#).
2. Planting seeds for future growth - if something doesn't take in the way you want, it's the start of the relationship process & you can build on that.
3. It's a long end game strategy that we need to think about. The album/single/EP are connection points to develop a long term relationship with your audience. The body of work will also be a chance for new relationships to dive down the black hole to connect with your further, Another reason why your YT channel is so important to have as this is often where it will happen.