

ELIMINATING MENTAL INTERFERENCE (How to Get Your Mind Working FOR You) with Jan Carley, INNER COACH OF BARBERSHOP

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Session 5: *Harmony College Northwest 2018*

The Triple Threat of Barbershop: _____, _____ & _____

Harmony from the Inside Out Performance Formula

$$P = p + a - i$$

THE ROAD TO PERSONAL MASTERY

Creating an Overtone starts with _____

Personal Mastery is a _____

The Shift: REACTIVE TO CREATIVE

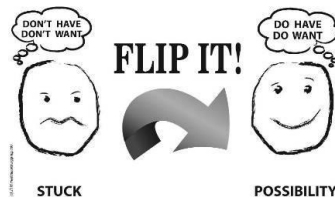
You have a _____ !

RECAP:

The Overtone APPROACH to Inner Mastery is a _____ approach that moves _____ to _____ *****

Generative Focus – (Which wolf do you feed?)

Maximize reward (reward puts brain in a 'toward' state) and Minimize threat (threat puts brain in an 'away' state)



Where's your Focus?

Generative Mindset

Adopt a Growth Mindset (vs. Fixed Mindset)

Show up as a Learner

Assess vs. Judge _____

Generative Self-Talk

How do you talk to yourself?

My Self-Talk: _____

TAKE THE TUG TEST!

THE SELF-TALK TUG TEST

True?
Useful?
Generative?

IS MY SELF-TALK **T**RUE? (Really, am I certain it is 100% true?)

IS MY SELF-TALK **U**SEFUL? (Is this self-talk actually helpful to me?)

IS MY SELF-TALK **G**ENERATIVE? (Does it move me to positive action?)

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Creating a Self-Acceptance Paradigm

Strategies to Fill Your Toolbox:

- ✓ Self-Awareness

- ✓ Thought replacement

- ✓ Past Experience Inventory

- ✓ Structured obsessing time

- ✓ Get Support

- ✓ Acknowledge and Celebrate

UPCOMING CLASSES WITH JAN CARLEY AT HCNW:

The Overtone Effect (Session 3) Audience: Everyone

Overtone Leadership (Session 4) Audience: Musical and Admin Leaders or future leaders

Eliminating Mental Interference (Session 5) Audience: Everyone

How to BE a Masterful Director (Session 6) Audience: Chorus directors and Asst Directors

SPECIAL EVENT - BOOK SIGNING : *The Overtone Effect* and *Harmony from the Inside Out*

*******During Dinner – in the Cafeteria*******

Pick up Jan Carley's books at special HCNW prices, get them autographed and chat with Jan
Prices: The Overtone Effect \$20, Harmony from the Inside Out \$15 (OR – both books for \$30)

REFRAMING LIMITING BELIEFS

EXERCISE:

Limiting Belief:

How I came to adopt that Limiting Belief:

How does that Limiting Belief hold me back?

Truth Meter: scale 1-10 1 (not true at all) /10 (absolutely 100% true)

My “What if” possibilities? :

I AM THE ONLY THINKER IN MY OWN MIND

TURNING YOUR INNER CRITIC INTO AN INNER COACH

My Inner Critic is motivated by _____.

EXERCISE:

Pick a time when your I.C. went crazy on you...what did your I.C Say to you?

What do you think your I.C. was really trying to say? (i.e. / what was it scared of? What does it fear for you?)

What does your inner critic say when you question it further and ask for specific steps to help you?

NO Time Techniques:

1. _____
2. _____
3. _____
4. _____
5. _____

I HAVE A CHOICE