

# Performance Matters: Interdisciplinary Perspectives on Performers' Practice, Health and Wellbeing

Sunday, 16 November 2014

Parry Rooms

Royal College of Music

## Overview

Performance is commonly explored within a specific domain, such as music, dance, theatre or sport. Although increasingly researched and theorised by academics as an overarching phenomenon, the findings of such research are not always embraced by the experts whose domains are studied. In this BAPAM training day, we examine what performance means across apparently unrelated contexts in order to consider how insights from one domain illuminate practice in another. We draw on personal experience of the fields of surgery (Roger Kneebone) and music (Aaron Williamon), selected from numerous possible examples, in order to highlight similarities and differences between areas of practice which at first sight seem remote. On closer inspection, each can be seen as an *embodied* practice where much that is important lies beyond the reach of words and must be directly experienced to be apprehended. We then explore the implications of embodied practice for the health and wellbeing of performers. Here, we focus specifically on musical performance, discussing both the possibilities that embodied practice affords but also the range of challenges it presents in educational and professional contexts. Throughout, we highlight recent advances in simulation science as ways of understanding embodied practice better and facilitating more effective approaches to developing performance skills.

Convened by BAPAM, *in collaboration with*

Aaron Williamon  
Centre for Performance Science, Royal College of Music

Roger Kneebone  
Faculty of Medicine, Imperial College London

## Schedule

09:30-10:00	REGISTRATION (with refreshments)
10:00-10:15	WELCOME
10:15-11:00	PRESENTATION Facing the music: The spotlight and its implications for performers Aaron Williamon (RCM)
11:00-11:45	PRESENTATION Capturing excellence: Interdisciplinary perspectives on understanding performance Roger Kneebone (Imperial)
11:45-12:15	DISCUSSION Recent advances in simulation science and performance education Roger Kneebone and Aaron Williamon
12:15-13:00	LUNCH
13:00-14:00	ACTIVITY (with discussion groups) The RCM performance simulator Aaron Williamon and Lisa Aufegger (RCM)
14:00-14:45	PRESENTATION Musical impact: Promoting performers' health and wellbeing Liliana Araujo (RCM)
14:45-15:00	BREAK (with refreshments)
15:00-15:45	PRESENTATION Positive performers: New perspectives from psychology Sara Ascenso (RCM)
15:45-16:00	CLOSING REMARKS