

PLAY YOUR MOST AMAZING AUDITION!!

And Your Most Confident
Performances Ever!!!



STEVE ROSSÉ
M4C COACHING SERIES



I found myself walking into many auditions feeling like I did everything I could to prepare musically but not being able to demonstrate that work when it counted, especially in later rounds. I then worked with Steve through his free 5-Day Peak Performance Mindset Training on Zoom, then won an audition the next week. The ideas I learned really made a difference in energy and execution.

I joined Steve's 5-Day Program because I was curious about audition mindset and getting coaching for it. For me, what I learned in our short time together was truly a missing piece of the puzzle and has made such a difference in my auditions and performances.

There is no miracle pill answer to these problems, but from those sessions, I now have some proper tools to use along the way and that has been equally invaluable for me.

**Eric Prodger
Principal Bass Trombone
Winnipeg Symphony Orchestra**



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-Albert Einstein

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INTRODUCTION

“Since my first contract in 2022, I couldn’t find the balance between playing in orchestra, and making further audition success, and had a lot of fear of judgement. But now, with Steve’s mindset strategy coaching and his personalised meditations, I have a lot more confidence and fun with both playing in the orchestra and at auditions!”

-Stefano Brusini, Horn, Italy

Have you ever thought of an upcoming performance or audition, then had thoughts of things that could possibly go wrong? Or, perhaps you are playing better than ever, and as time ticks on, you begin to worry if things might not go as well as they did before as you move forward in your career?

Perhaps it is all going very well, but you are not enjoying performing as you did when you were younger due to the stress of expectations now riding on you. Perhaps the ageing process is making things more difficult?



Are you the kind of person who does not perform or audition as well on stage compared to how you are in the practice room and at mock auditions? Are you concerned with what other people will think of you as a person or your playing? Are you concerned about expectations that are giving you mental or psychological stress?

Are you avoiding certain repertoire or conductors or certain auditions or competitions because of past negative experiences? Have you thought you “cannot make it” because you do not audition well, or worse, just feel that, “I don’t deserve it”? Have you ever experienced “Imposter Syndrome”?

Have you experienced performance anxiety or audition nerves? If any of these resonate with you, then this eBook is for you!!!

Playing your most amazing audition of your life, as well as the best performances of your life, is what this eBook is all about. I have broken down the strategies into seven steps to fast-track you to your version of success.



This eBook is a collective product of my nearly 40 years of experience as a touring major orchestral musician alongside my impressive portfolio of global teaching, mentoring and coaching successes. I have spent years of deep study into NLP (Neurolinguistic Programming), as well as professional and life coaching. I am a certified Life Coach, Master NLP Coach Practitioner, Certified Professional Coach, and Master Time Line Therapist.

I've spent 100s of hours coaching groups over the past few years and have given well over 1,000 paid 1:1 coaching sessions with tremendous client results.

"I was the most confident ever and it was the best audition of my life so far" are the types of messages I receive on a regular basis following my client's audition experiences. When I hear this and when they say after winning, *"I could not have won this without your coaching and your program Steve!"* I burst with pride.

If you have heard of me before opening this eBook, you might have known me as



the Principal Tuba Player of the Sydney Symphony Orchestra (since 1990) who has spent years commuting to various corners of the globe as a musician, teacher, and mentor.

Perhaps you first heard of me as the guy who created and ran TubaMania activities globally 1995-2020, then online from 2020-21 during the global pandemic.

I have performed in Carnegie Hall with the orchestras of Sydney, Philadelphia, and the Royal Concertgebouw Orchestra of Amsterdam, and yes, I did experience my own serious bouts of performance anxieties there! Speaking of the RCO, I was required to take an audition for their audition committee at the age 50 in order to be offered a 6-month position as Visiting Principal Tuba in 2018.

Thanks to my years of experience in learning how to deal with performance anxieties and audition nerves up to that point, my head was in the right space and my mindset (and musical skills) led me to a successful audition that day at the age of 50!



I did not always have this confidence and stoic mindset for auditions and performing. It took me years to develop. In my early days, I suffered terrible audition nerves. I felt that time had stopped, and my mouth would dry up. I would shake and sweat. I did not play my best, and lost out in several auditions because I was nervous.

I also had my “bout” with performance anxiety at a local level with the SSO and even occasionally playing as a guest with community bands. This led lead to mental hesitations and doubts about my true potential for many years earlier in my career.

Although nobody seemed to notice, I suffered this head game “hell” for many years internally and in silence, while smiling on the outside and showing a false, masked sense of confidence. As time passed, I developed strategies to train my mind to lead me to wins and successes in my own internal game, and can now take the stage completely owning it, like a peaceful, victorious warrior.



After returning from Amsterdam in 2018, I dove deep into the study of Life Coaching, NLP, and Time Line Therapy. My coaching business, M4C Mindset for Confidence, is now thriving and is my primary occupation. I hardly think of coaching as an occupation or a job, it is what I love to do. I seem to be a one-of-a-kind musician helping musicians with my combined qualifications, certifications, experiences, and results.

My current 40+ clients come from across the world and we meet regularly on Zoom. Not a day goes by that I do not thank Zoom and the wonderful technologies of today that allow me to coach online 1:1 and to groups.

Our M4C members represent leading orchestras and institutions across Europe, Australia, the USA, and Asia, and include international conductors, high-end professional musicians and serious students as well as amateurs.

Now, let's get into this: Play Your Most Amazing Audition (and Best Performances Ever), broken down into seven steps.



AVOID PERFECTIONISM SYNDROME

“From Day 1 of Steve’s free 5 training sessions (that dealt with procrastination and perfectionism), I was practicing and performing with more ease, confidence and musicality. I took this new confidence and growth mindset to a professional setting that evening with amazing results.”

-Mel W., Trumpet, Australia

According to Wikipedia, the word “perfect” means “free from any flaw or defect in condition of quality; faultless.” One who tries to be perfect is practicing “perfectionism”, which tends to lead them to a life of stress and unattainable goals, leading to anxiety and other negative mental states.” Digging deeper,



Wikipedia's definition of perfectionism, in the realm of psychology, states, *"Perfectionism is...a broad personality style characterised by a person's concern with striving for flawlessness and perfection and is accompanied by critical self-evaluations and concerns regarding others' evaluations."*

Perfectionism can even drive people to be concerned with achieving unattainable ideals, often leading to many forms of mental problems such as depression, anxiety, OCD, ongoing frustration, and low self-esteem".

In my years of teaching and coaching, I have heard many times, "I need to play perfectly in order to win or to be approved of."

This kind of mindset may lead you to a dark pathway of unattainable expectations, leading to issues with the relationship that you have with yourself, which most likely will manifest into various forms of performance anxieties, nerves, self-doubt, and personal anxieties.



At this point, I highlight another “P” word that comes into play here, “Perception”. To begin with, your idea of “perfect” is only your perception, and unique to you! For example, have you ever watched or listened to something that you thought was “perfect”, but the person next to you did not think it was perfect?

Have you ever done something that you thought could be better, and another person exclaimed, “Perfect!”? Or have you ever been on a judging panel where you heard something you did not care for but another panel member said, “That was perfect!”?

I have spent decades on audition panels and solo competition juries. On these panels, each adjudicator will be experiencing each candidate uniquely and in their own unique way, according to their perceptions. So, as far as the world of music and the arts go, “PERFECTION IS ONLY PERCEPTION!”

When you go to perform or audition, stay away from the perfection mindset as



you walk on stage, because even in the best case scenario where you think you are perfect, this is only your perception. Your listeners, your audience, and your adjudicators will all experience you individually and uniquely with their own perception of experiencing you.

They will not experience you in the way you are experiencing yourself, and the person sitting next to them will experience you in their own way.

Having aspects of a perfectionism mindset does help us in the early stages of musical preparation and we need to know when to use this. In our minds, we need to begin by identifying our perception of the ideal way to perform a piece of music or presentation of any kind.

From there, we will form a plan to get as close to our ideal model as possible. This is healthy and the quickest way to grow. Notice the word “GROW” here! When you get close to that audition, performance, high pressure rehearsal, or



presentation, that is the time to drop “perfectionism” from your mindset and replace it with a growth mindset. You can never be perfect for everybody’s perception, but you can grow!

Perfection is mostly unachievable in a literal sense. Growth is achievable. Grow every day by getting as close to your ideal as you can as quickly as possible. Your mindset and self-head talk need to transform from perfectionism to a growth mindset in this way.

As long as you are growing into a better version of yourself every day, you will free yourself from many aspects of anxieties because growth is attainable, perfection and satisfying everyone basically is not. You will become more confident with yourself as you focus on a steady pace of growth. Let perfection go, and switch to a GROWTH MINDSET.

At this point, I’d like to invite you to join my anti-perfectionism exercises in real time on Zoom. Send me a message on Facebook or email me at tubacoach@gmail.com for your invitation!



AVOID FEAR OF JUDGEMENT

“I had built up a few limiting beliefs and anxieties that would typically see me leave a nervous first impression. As a conductor, this is something that needed to be changed. I’ve worked with Steve for the past 3 years and have had breakthrough after breakthrough. I now stand before orchestras with gratitude and lead with inner confidence and joy.”

-Majella Clarke,
Australian Conductor in Europe

In order to avoid something, you need to shift your energy of attention to what you want instead. Change “Fear of Judgement” to “Presenting the Best Version of Yourself”.

Now reflect for a moment on the statement in the previous chapter that states, “Perfection is only Perception”. All human beings on planet Earth are going about their busy lives experiencing



what is going on around them (and what is going on in their heads) in their own unique ways. No two people will experience an event, sight, sound, taste, or smell in the same way.

So, once we acknowledge this and can move away from perfectionism, the next step is to move away from fear of judgement from others. Our minds can only intently focus on one or a few things at a time, so by shifting our focus away from what we think others are thinking about us, we will then have the mental capacity to focus on presenting the best version of ourselves at any given moment.

That is what you need to replace fear of judgement with, presenting the best version of yourself! There are several well-known sayings that you need to take seriously as you read on from well-known coaches and psychologists. Tony Robbins and Joe Dispenza both come to mind in their versions of, "What you focus on is what you get." and, "Where focus goes, energy flows."



So shift your focus of attention from what others think of you to presenting the best of you!

Human beings are naturally judgemental creatures and there is nothing we can do about that. Others will judge us in their own unique way, as in the audition example from Chapter 1. It is important for us to prepare our mindsets so we can go into an event or situation free from fear of judgement, and focus our energy on presenting the best of ourselves.

Now let's talk about the word "fear". In the coaching space, I like to credit my primary Life Coaching mentor teacher (and current Life Coach) Deb Hann, where we have been taught to identify the acronym FEAR as, "False Evidence Appearing Real".

Fear, regarding performance anxiety, is just that, false evidence, in that we are in no clear and present danger. We are safe. We will not get physically hurt if we have a bad playing day on stage. The emergency services do not need to be called.



As long as you don't need an ambulance, fear is un-serving. You need to acknowledge that what everybody is experiencing, regarding your playing, performance, or audition, is unique and individual to them. You are totally safe. Fear of judgement is an act guessing how others perceive or will perceive you, as well as a poor use of your energy.

As you will be mostly wrong in guessing what others are thinking of you, thinking of what others are thinking of you is a poor strategy of where you are prioritising your focus. Instead, focus on presenting the best of you, whether it be your special musicality, your unique ways of connecting musically, your beautiful sound, or other. Whatever is unique and special about you, focus on that!

Note here that we still check in with our teachers, colleagues, and conductors to help us strive to be the best version of ourselves, but we need to utilize them as a part of our growth support network team, or better yet, as resources, to power us on a continued path of growth to our fullest potential.



Create new ways of thinking, doing, and being, that focus on presenting yourself as the best version of yourself. And, seek to get better every time!

You cannot control what another person is thinking. You CAN control how you think and let that control of selective focus drive your habitual default thinking process! in presenting your best.

Go for a mindset that presents the best version of yourself, free of judgement. You will feel free and liberated, and aspects of nerves and performance anxiety will melt away.

Speaking of “Fear of Judgement,” perhaps you’d be interested in a masterclass video I gave on “How to Avoid the Fear of Judgement”

If interested, send me a Facebook message, or email me at tubacoach@gmail.com. I’ll then forward you the one-hour video that has been helping hundreds, if not thousands, of musicians dealing with the same issues. And, yes, it is free!!!



THE JEKYLL & HYDE SYNDROME

"I have taken a lot of auditions. I knew I had everything to do the job but when it came to auditions, I kept choking and not advancing. Then in 2020 I did NLP coaching with Steve to help me with these anxieties that I was experiencing in regards to auditions. And wow, after that I won two major orchestral harp positions in just 5 weeks! I could not have done this without Steve's help!"

Emily Granger, Principal Harp,
Queensland Symphony Orchestra

I assume you are familiar with the story written by Robert Louis Stevenson in 1886. A "Jekyll and Hyde syndrome" nowadays typically refers to people with a dual nature but can also refer to opposing voices in the head, one



is positive and supportive, where the other is outwardly evil and sabotaging.

The day after I received my NLP Coach Practitioner Certificate, I posted on Facebook that I was now certified to coach with NLP, certified by the ICF (International Coaching Federation).

There was an overwhelming response, and my first client opened their first 1:1 coaching session with me by saying, “I have got a Jekyll and Hyde syndrome going on and it’s creating a mess of my mindset with my upcoming audition. One of the voices in my head says, ‘You can do this’, while the other says ‘You are going to mess this up. I have no idea when the negative voices will shout out and I’m afraid that this might happen on audition day. How do I shut up Hyde?’”

There are already plenty of resources that deal with this kind of conflicting head talk, including the “Inner Game of...” books (which, I recommend you read, by the way). In the Inner Game books in broad terms, discuss that



a voice or choir of voices may be in our heads. One of the strategies mentioned talks about making the positive voices louder and more prominent to drown out the negative voices.

In my NLP coaching, I do assign these “Inner Game” books as resources in addition to the homework I assign. It is through our 1:1 NLP sessions, though, where I am able to individualise my clients’ unique experiences, in combination with their unique way of mentally processing things, to take them deeper into solving these conflicts on an individual basis.

I’ll describe some strategies that I do in these 1:1 sessions here that you can implement yourself if you are experiencing challenging negative self-talk that may be getting in the way of your confidence levels.

To start, can you recall your best audition or performance that you have ever done so far? We rarely think of the



best ones that we have experienced. Rather, we tend to focus on what went wrong and what can go wrong in the future. We need to stop this.

We need to focus on what went the best for us in the past, even if it was just one event, than copy-paste that and map the emotions and physical feelings of that memory onto our thoughts when we visualise our desired future outcomes.

After recalling your best performance or audition of the past ask yourself, “what if I do even better next time? What will it sound like and what will I feel like? What will my emotions be and what will I be saying to myself in the best-case scenario?”

Write down these answers. Then mentally rehearse those feelings with what you will want to feel like, see, hear, and what you will be saying to yourself. This is very powerful as your subconscious mind does not decipher between what is real or what is imagined. This is an NLP-style reprogramming of your mind and your first steps in coaching yourself.



POSTURE AND MOVEMENT

“I joined Steve’s free mindset training and it has helped me redefine myself as a musician. I now have more confidence on stage and off. Steve’s online community M4C helps me move forward when things are most difficult. Thank you Steve and M4C you are my backbone for confidence!

-Inta B, Flute, Latvia

Did you know that just by changing your posture and movement, you can release positive hormones and decrease negative hormones in your brain and body that will give you more confidence?

Did you know that these hormones will also reduce anxiety and self-doubt? During my study of performance coaching and mindset coaching, I learned a lot from mentors such as Tony Robbins and Amy Cuddy about how posture



and movement can change our emotional and energy states on demand. We can quickly do this by changing our posture, breathing, and movement.

Notice your posture now. Now, sit up tall, command some space by spreading your legs with your feet wide and flat on the floor. Take a huge deep breath from low in your lungs and puff out your chest like a conquering hero or alpha gorilla that has just mounted the top of a hill. Then release the air as a big “sigh.”

Further expand your chest and put your shoulders back, commanding more space. Mentally command the territory you are in by taking up more of this space and breathing in a relaxed, deep, powerful manner. Allow your shoulders to drop.

The power is in sitting or standing tall with deep breathing. Listen to the sound of your breath, make it as quiet and dark-sounding as possible, like strong wind atop a mountain above the tree line-no stress, just power. Imagine yourself sitting or standing in such a way, that command space and time. Sit or stand



as if you are a big oak tree or a mountain firmly grounded. Be that solid and stable as you perform. Be tall and command as much of the space in the room or hall as possible.

Next, standing, stretch out your arms, continue breathing deeply and powerfully shout out aloud, “I am more awesome than ever!!!” As you do so, for even an instant, did you worry about what could go wrong with an upcoming audition or performance? Probably not.

This is the brain’s way to prepare us for a power action and victory in an alpha state-to command, not to defend; to thrive, not to survive. We are using posture, energy and slight movement to create confident boosting hormones such as testosterone. Our minds then follow what our reprogrammed posture, movements and energy are creating!

My most powerful breathing exercise is presented online four times a year as part of M4C’s “Conquer Your Biggest Limiting Belief Bootcamp.” Contact me if interested in finding out how to get an invitation!



NEGATIVE OR TRAUMATIC MEMORIES

“I encountered some performance and audition anxieties and these memories had been holding me back until I met Steve. With Steve, I have made tremendous progress in mental preparation and each audition and performance gets better!”

-Benoît Levesque

Associate Principal Double Bass,
Opera Orchestre National Occitanie
Montpellier, France

Can you remember when you first experienced your first bout of anxiety or fear from a conductor, teacher, parent, peer, colleague, or a difficult passage in an exposed place that did not go well for you? Negative experiences become negative memories, some even of a traumatic nature.



As memories are accompanied by emotions, we need to change the emotions associated with the memories. We also need to change the story or meaning of these memories. Experiencing a memory is something that we do in the present, and we can change how we experience them!

When I work with clients who suffer from elements of performance anxieties, they are quick to tell me about what went wrong in the past, how they messed up an audition due to nerves, or how they are not enjoying performances due to the stress of their anxieties, or what somebody said to them or expected of them in the past, and on and on.

These memories repeatedly come back over and over again as a pattern.

There is a strategy to break this pattern. Every time an unwanted or unpleasant memory from the past pops into your head, quickly replace it with another event, a good memory of something that went well for you. Focus on that and bask in the attached positive emotions.



Go deep into what was heard and felt in that space. Then shift back to the negative memory and ask “What did I learn from that experience and how much of that outcome was due to something I can do differently next time?” At this point, pivot to the learnings themselves and empower yourself to make the changes needed as per the learnings.

Be aware of, and create more gratitude regarding the learnings and how they will empower you to be a better version of yourself next time. Map the new learnings, with the gratitude and the emotions of the favoured memory, on top of your thoughts on how well it can go next time and moving forward.

Do this over and over every time you need to, and this will change your emotional state, which will help reprogram your subconscious mind with desired emotions and images for your desired future auditions and performances.

Even if your good memories are from a long time ago or have mostly



unpleasant memories, this process will still work. So, next time one of your negative memories pops into your head, ask yourself, “What did I learn from that which will empower me to be my best moving forward?” Of the seven sections in this eBook, the strategies here are the ones that will require the most repeated practice.

There is a wonderful type of therapy that I combine with my 1:1 coaching, and that is TimeLine Therapy. This is where we revisit the past, a past memory that might be causing current stress and anxieties. Often there is trauma involving reactions of a physical nature in the body.

From there, we release the negative “energy” associated with the memory by changing the meaning of the memory, and map new desired emotions on top of the memory.

From then on, the memory will have changed to a more desired memory and will be experienced with better energy and with new, more-positive emotions.



CREATE NEW SYSTEMS

“I came across Steve while seeking help with the mental side of my injury recovery process, and a guide to help me along with my own coaching journey. Every time I meet with Steve, I find new nuggets of gold that help me in whatever we are working on. I encourage anyone seeking to up their mental game of performance to reach out to Steve!”

Clark Lovell, Trumpet,
Musician Unchained, Utah, USA

Human beings are creatures of patterns and habits that are difficult to change. If we want to change the results we get, we need to first change our patterns, behaviours, and actions. If nothing changes, nothing changes!

Our subconscious may be driving our behaviours and actions up to 90-95%! So, in order to get a different result, we first



need to reprogram the way our subconscious works. We reprogram it by reprogramming our minds to operate with new action plans within new systems.

Dysfunctional habits and patterns (bad systems) will create stress, overwhelm, and a cluttered mind, preventing clarity.

Overwhelm in the world of mindset coaching is typically defined as a result of trying to do more than one is capable of (at the time) in the amount of time given, usually as a result of inadequate planning and lack of functional systems.

Operating with functional systems means identifying and outlining your priorities one at a time and protecting them. Creating new action plan systems then will provide new behaviour patterns that will serve your highest priorities.

It also means to identify what are not your priorities, including what actions and thoughts do not serve you and dial those down or eliminate these activities, thoughts, and behaviours altogether.



Creating your ideal systems and then actioning them over the long term is most successful with a combination of guidance, support, and accountability. Consistency with persistence leads the way to growth and permanent changes.

In a recent coaching seminar I took with some of the world's top coaches, it was brought up that the top 3% "most successful" people in the world write out and plan their schedules weekly and revisit their daily planning through journaling 1-2 x per day. This is a prime example of a system, and a great system!

As part of my M4C Mindset for Confidence Accelerator Program, I have a great PDF template in the program that gets my clients into this top 3% providing them with tremendous results.

Send me a Facebook PM or email tubacoach@gmail.com if you'd like me to send you a free copy of my systems planning template that will turbocharge your success with your upcoming auditions and performances!



BE MORE RESOURCEFUL

“Steve’s coaching has been my greatest resource over the past couple of years helping me to overcome some limiting beliefs, and to gain more confidence as a musician and more clarity on how to step into my fullest potential as a teacher and income earner. I have tried various forms of therapy in the past. I also hold degrees in both music and psychology. The combination of Steve’s Time Line Therapy, NLP coaching, personalised guided meditations with his experience as a leading international professional musician and teacher have become the golden ticket for me! I highly recommend you check out Steve’s free online mindset workshops on Zoom and consider working with him 1:1!”

-Sean Reusch, Professional Trombonist,
[www.trombone101](http://www.trombone101.com), California, USA

Are you one of those musicians that,
when you were training to become a



professional or serious amateur musician, knew that you would have an “edge” on the competition, and could become the best version of yourself if you went to the best teacher and best school with the best environment for your instrument?

Most serious music students will seek out the most successful teacher, the one who has a top group of students achieving excellent results.

Proactive students wish to find the best teacher, “guide”, or “sage,” to help them along their journey, one that also provides a community of support through the teacher’s studio class.

Your teachers and institutions up to now have most likely been your greatest resources.

There is a saying, “There are resourceful people and non-resourceful people” Life-long resourceful people continually learn, grow, and challenge themselves, expanding their comfort zones, and seek out new and better ways to think and



do things. They invest in themselves beyond their university years and become better versions of themselves every year of their lives.

Throughout my worldly travels over the past 40 years, I have become more and more astounded by the number of amateur and professional musicians either suffering from performance anxieties, struggling with audition mindset, losing the joys of music making, or who have been so super creative that they are challenged with their day-to-day lives.

Most who struggle or suffer to a degree do so in silence. This is a characteristic life pattern many musicians experience. If musicians and creative professionals going through these experiences do not seek out help, likely nothing will change.

Change happens when one decides to make a change. Change happens when one reaches out for help and support for one's mindset growth. Change begins with thinking differently; then your actions and behaviours will follow with



desired change, leading to more desired results and experiences!

One distinctive difference between the world of music and the world of sport, as well as the executive world, is that business executives and serious athletes invest a lot of time and money in continued mindset coaching, and are quite proud and public about it.

Musicians, on the other hand, generally tend to operate with a pattern of showing to the outside world that they are a master of their trade and don't need help. It is as if they asked for help, it would be a blemish to their image or ego or reputation. Not so with top athletes and executives.

Most of the world's top athletes have mindset coaches. Sure, they have their athletic coaches, but their mindset coaches play a big role and often are the ones that get their clients over the top, into the upper echelons of their field.

Many, if not most, CEOs and executives employ professional coaches, life



coaches and NLP coaches. And they get professional therapy as well if there is something from their past holding them back.

Through coaching, they get to experience tremendous results both at work and in their personal lives. The benefits of good mindset coaching and life coaching have ripple-on effects that go beyond the stadium or stage or boardroom.

Good coaching also benefits the loved ones and colleagues of those who are receiving the coaching. This is where coaching programs help beyond the obvious!

I know many top performers who have experienced good mindset coaching, and they say it was the best (or one of the best) investments of time and money in their lives, often using phrases such as, “game changer” or “transformational.” As a matter of fact, these are the words I hear from most of my clients as they progress through my programs. At this point, I’d like to introduce to you an



amazing resource that will help you move forward fast-my free coaching program.

I'd like to take this opportunity to invite you to work with me and the small group of like-minded musicians that we assemble every three months, totally in confidence, live online!

Every three months, I offer limited spaces to my free 5-Session Peak Performance Mindset Training course. Each session goes for an hour with replays available to you if you need to miss a couple of or a few sessions.

The trainings include 5 x 1hour group coaching sessions, 5 days in a row.

This free training program is for anybody who is curious about building up more confidence in any area of life, or wants to learn how to live in a more positive mindset, or is curious to find out more about the coaching process by experiencing a sample of coaching in a group setting with nothing to lose. Send me an email at tubacoach@gmail.com or



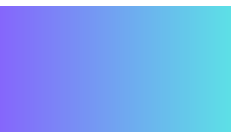
send me a private message on Facebook if interested to find out more, and I'll send you information. As spots are limited, don't put this off for too long. It only happens 4x a year and I hope to see you there, so I look forward to hearing from you!

It is now time to THANK YOU for reading this eBook! If you have read this to the end, I hope that you feel it has been a good investment of your time, attention, and energy. If we have already met, I thank you, dear friend, for reading my first eBook!

If we have not yet met, it has been a pleasure meeting you through this eBook. and I look forward to getting to know you better! Please reach out at any time by email or FB Messenger if you have any questions or feedback in regard to this book.

And, I hope to be with you in one of my upcoming 5-Day Mindset Trainings!

Until then, Own Your Mindset!



ABOUT STEVE

Steve Rossé grew up in Southern California in a family of music teachers who prioritised positivity and individual creativity.

Steve's formal musical education consisted of study with some of the best life-coach-style teachers who were also masters of psychology in their teaching, most notably Arnold Jacobs and Daniel Perantoni.

Steve won his first professional orchestral tuba position before graduating from Arizona State University, and, within the ages of 22-24, won major orchestral positions in the USA, Europe, and Australia, while battling tremendous audition nerves.

It was not until later in life that the performance anxieties crept in. Following a successful audition for a Visiting Principal Tuba position with the Concertgebouw Orchestra at age 50,



Steve enjoyed several conversations in confidence with RCO and, later, Sydney Symphony musicians on what is missing for we musicians in the area of mental support and training.

From 2019-2021, Steve studied at the Life Coaching Academy and was trained in NLP by David Boulos, a pupil of the NLP founder. Together, they began creating a one-of-its kind NLP mindset coaching program for musicians, M4C. Steve is a certified Life Coach, Master NLP Practitioner, Professional Coach, and Master Time Line Therapist.

In 2021, Steve officially launched M4C, Mindset for Confidence and it quickly became his full-time occupation.

In 2023, he moved to Adelaide to dedicate his time to full-time coaching and has maintained his position with the Sydney Symphony, commuting to Sydney for the high-end programs.

He lives with his wife Robbie, a pastoral carer; their French bulldog Dotty; and their two young cats, Pip and Squeak.