

# Balancing Act Package

## Issues:

- Are you a successful artist/musician, but feeling the demands of your record company or even your manager? Are you getting stressed by the whole rigmarole of touring, performing and the expectation of a new hit to top the old one? Has your home become the hotel, and are your family just voices on the phone? Are you wondering where your life has gone?
- Are you working in the music industry and struggling with the constant pressures of roaming the country looking for new acts to sign, whilst your significant other is on the phone upset that you can't make your important family date?
- Are you a musician who has to juggle many aspects to your career to survive and maintain a healthy income for your family – are you working all hours to do this, but at the cost of not seeing your family and friends? How long can you keep this up and at what cost?

## Purpose

The purpose of the Balancing Act Package is to help you to get to the point where you can balance the pressures of your music career with all the other elements of your life. You'll find ways to enable you to meet the constant demands made of you whether from music industry personnel, from your family and friends or, of course, those you make on yourself.

So the next time your Manager calls and tells you they want to book you on a world tour that will keep you out of the country for months, meaning you'll be away from the important people in your life, you will be able to discuss with your Manager under what parameters you are happy to work under – those that balance all elements of you.

## Results

Having worked through the Balancing Act Package you can expect to achieve the following results:

- Who are you and where are you going? – you will be clear on what different elements make up your life,

what is important to you and where you are going and what you wish to achieve – within your musical career and your life. It is important for you to see these clearly to enable you to create the balance you require. Being this clear about yourself will bring you the confidence, power and happiness to live your life how you want to – even within the constant demands that your music career imposes.

- What demands? – you will identify who or what makes demands on you and your time: your record company, your significant other, family, your need to write music... the list will no doubt be endless! You will see how these demands can put you into a state of imbalance giving you a feeling of being disconnected from other important parts of your life.

Being clear on demands made of you, alongside the amount of time you have available, will allow you to prioritise them according to their importance to you. This will make the juggling of your musical career and the rest of your life easier to manage. Less pressure equals a less stressed, happier you.

- Finding the balance – you will develop a set of strategies that enable you to keep the balance between your music career and your free time. You will feel in control of your time and space to give you a richer, more relaxed and enjoyable lifestyle.

So if you are asked to perform in a high profile charity concert, but you find it clashes with a really important family occasion, you will know which is the most important for you to attend and deal with the pressure of turning one of them down.

## Structure

The Balancing Act Package consists of on average, 8 - 10 sessions of telephone coaching with each session being of approximately an hour in length. However this package will be tailor-made to meet your individual needs and can include face-to-face coaching sessions, should you prefer this. Throughout the programme practical tasks may be given for completion in your own time.