

Personal Reinvention & Leading in Duet Toolkit

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Personal Reinvention

ADD MUSIC TO YOUR PERSONAL REINVENTION PRACTICE

- Create a PERSONAL REINVENTION PLAYLIST of songs or pieces that are most meaningful to you.
- Change or add songs as you wish over time.
- LISTEN to your PERSONAL REINVENTION PLAYLIST when you need to reconnect, find confidence, or are facing a challenge.



WHEN CHALLENGED...

- STOP & LISTEN TO YOURSELF either in silence or accompanied by your favorite music.
- SUSPEND your thoughts.
- ASK inwardly for insight or direction.

CHALLENGES ARE OPPORTUNITIES

- View difficult situations in the light of your experience of music.
- Call upon the music you love to help transform obstacles.

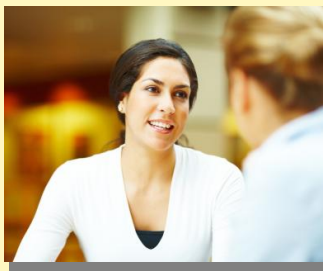
Leading in Duet

Principles

- Connect to yourself
- Listen unconditionally
- Generate trust
- Cultivate integrity
- Use intuitive awareness
- Look for miracles

In Practice

- Identify a relationship you seek to transform.
- Feel the music most meaningful to you as you simultaneously visualize the person.
- When you meet the person, remember this experience and look for the duet between you.



Source: The Piano Duet Paradigm™

Consulting, Coaching, Workshops, Performances

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