

Wellness Friday

Advice for your musical mind, body, and wallet
Sept 5, 2014

Presented by



SESSION FOR USC FACULTY & STAFF **It's Not Too Late & It's Not Rocket Science: Personal Retirement Plan**

8:30–9:20 a.m. room: Music 006

Rick Ackerman

This special session for music faculty and staff examines seven pieces of a simple retirement plan that you can create now, regardless of how far you are from retirement.

Alexander Technique for the Savvy Music Maker

9:40–10:30 a.m. room: Music 107

Laury Christie

As you refine musical skills, are you aware how your whole body engages in the process? Alexander Technique is the perfect means to complete coordination and prevent injury.

Triumphing Over Stress and Life Pressures

10:50–11:40 a.m. room: Music 210

Walter Cuttino, Toby Lovell, Rebecca Nagel

Musicians regularly encounter stressful circumstances, in and out of their careers. Join a **licensed psychologist** and two music professionals to learn pro-active approaches for adopting a healthy perspective.

Time Management for Musicians

1:10–2 p.m. room: Music 006

Brian Dusel, Joseph Eller, Scott Herring

Time management is a big challenge facing working musicians. This session, led by professional musicians and the **Student Success Center**, explores tactics for working efficiently while balancing a fulfilling but complicated lifestyle.

Listen to What Your Body is Whispering

1:10–2 p.m. room: Recital Hall

Jacqueline Herbein

Many musicians habitually practice with too much muscular effort, leading to discomfort, pain, and even injury. Using **biofeedback and state-of-the-art technology**, guest artist Jackie Herbein shows attendees how to pinpoint and address unhealthy tension.

Earning Strategies for Musicians

4:45–5:45 p.m. room: Music 106

David Cutler, Gordon “Dick” Goodwin, JD Shaw

In a competitive and quickly changing musical world, this session examines savvy and innovation strategies for musicians to maximize income.

5:45 Dinner in 006

Please RSVP at www.sc.edu/music/spark.

6 Habits for Personal Financial Success

6:00–7:15 p.m. room: Music 006

Rick Ackerman

The best time to develop good financial habits is now, when you're still a student. Starting early while using this approach is the greatest gift you can give yourself.

Sign-up sheets on door of rm. 106

Individual Wellness Coaching

Sept 5–7 room: 201

One-on-one diagnostic meetings with Jackie Herbein for musicians of all disciplines.

Personal Finance Coaching

Sept 12, 12–5 p.m. room: 106

Individual and small group advisement sessions with Rick Ackerman.