

# FEPSAC CONGRESS 2024

**WE INVITE ARTISTS,  
TRAINERS AND COACHES  
FROM MUSIC, DANCE AND  
PERFORMING ARTS  
TO FEPSAC 2024**

## MUSIC, DANCE AND PERFORMING ARTS

PERFORMANCE UNDER PRESSURE IS A CRITICAL ASPECT IN THE REALMS OF MUSIC, DANCE, AND THE PERFORMING ARTS. ACHIEVING EXCELLENCE IN THESE FIELDS OFTEN INVOLVES FACING HIGH-STRESS SITUATIONS, LIVE AUDIENCES, AND THE DEMAND FOR FLAWLESS EXECUTION.

WE INVITE MEMBERS FROM MUSIC, DANCE, AND THE PERFORMING ARTS AREAS TO JOIN OUR CONGRESS TO DISCUSS TOPICS LIKE PREPARATION AND COUNSELING, MENTAL RESILIENCE, STAGE PRESENCE, MINDFULNESS TECHNIQUES, ADAPTABILITY AND CREATIVITY UNDER PRESSURE, ENSEMBLE DYNAMICS, RECEPTIVITY TO CRITIQUE AND SELF-CARE PRACTICES.

YOU ARE WELCOME TO ATTEND THE FEPSAC 2024 CONGRESS, WHETHER OR NOT YOU PLAN TO GIVE A PRESENTATION.



[WWW.FEPSAC2024.EU](http://WWW.FEPSAC2024.EU)