

# 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](http://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.

