

# THE ROLE OF SELF-CONFIDENCE IN PERFORMANCE: REFLECTIONS ON NOA KAGEYAMA'S APPROACH IN THE CONTEXT OF TRAINING YOUNG PIANISTS

**ROXANA OTA**

University Lecturer, PhD, "George Enescu" National University of Arts, Iași (Romania)

<https://orcid.org/0009-0007-0376-0522>

<https://doi.org/10.61215/MA.2025.vol.2.iss.2.02>

## Abstract

*This study explores the concept of expressive courage in performance, through the lens of psychology, with a particular focus on the challenges faced by young pianists. It draws on the "Becoming Fearless" course created by Noa Kageyama - psychologist, performer, and professor at The Juilliard School - who is widely recognized for applying principles of sports psychology to the field of music. His approach offers strategies for managing performance anxiety, enhancing focus, and building self-confidence. Key strategies discussed include keeping a journal, engaging in mental rehearsal, distinguishing between practice for learning and practice for performance, and regularly reflecting on two central questions: "What went well?" and "What do I want to improve?" The study highlights that many of the challenges young performers face are not solely technical or artistic, but often rooted in emotional and psychological factors - such as fear of failure, perfectionism, low self-confidence, or difficulty performing under pressure. By integrating these psychological tools into their daily practice, young pianists can, according to Kageyama, develop healthier mental habits that foster expressive, authentic, and resilient performances.*

## Keywords

*Noa Kageyama, stage preparation, performance psychology, performer preparation, practice techniques*

## Bibliography

1. Hallam, Susan. *Music Psychology in Education*. Institute of Education, London: University of London, 2006.
2. McPherson, Gary E.; Welch, Graham F. *The Oxford Handbook of Music Education*. Oxford: Oxford University Press, 2012.

## Webography

3. Cornett, Vanessa, Kageyama, Noa. „A bulletproof -interview with Noa Kageyama”. *American Music Teacher*, 69 (3), 2019, pp. 20-23, <https://www.jstor.org/stable/27143182> accessed: 3.03.2025.
4. Kageyama, Noah. „Why musicians should train like athletes”, *The Bulletproof Musician*, <https://bulletproofmusician.com/why-musicians-should-train-like-athletes/> accessed: 2.03.2025.
5. The Juilliard School, *Noa Kageyama*,

6. Site <https://www.juilliard.edu/music/faculty/kageyama-noa> accessed: 3.03. 2025.
7. Teen World Arts. „Noa Kageyama”. <https://teenworldarts.com/magazine/noa-kageyama> accessed: 3.03.2025.

