

Want to get the most out of practicing?

Need help organizing an effective and efficient routine?

Don't know where to start when you sit down to practice after a lesson?

Hire A Practice Coach!

I have over a decade of experience as a performer and teacher—and as a practicer!

I help students of all levels and at all stages in their learning develop practice routines, prepare for auditions, set ambitious *and* achievable goals, and organize their time to maximize their effectiveness in the practice room.



Services Offered

- Comprehensive Practice Routine Development—From Zero to Sixty Minutes
- Live Coaching During Practice Hours
- Written Individualized Practice Plans by the Day, Week, or Month
- Audition/Competition Prep & Mock Auditions
- Adapting Practice Routines for Musicians with ADHD and Autism
- Flexible Scheduling, Low Rates, Discount Packages Available

No Judgment, No One-Size-Fits-All, No Fixed Mindset—Ever!

Call, text, or email to learn more:

mylysaker@gmail.com

646-397-4249

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