

Art in Motion 2023 Motivation

Friday, June 2

CET	EST	Tracks	Session Title	Speakers
10:00	4:00 AM	Introduction	Opening Remarks	Lydia Grün; Adina Momell
10:15	4:15 AM	Presentation	Mapping Motivation – Charting a Wide Expanse of Access Points	Andreas Kissenbeck
10:55	4:55 AM	Snackivity	Power Posing and Coordination Exercises	Hanna Keßeler
11:00	5:00 AM	Presentation	Combating Performance Anxiety in Virtual Reality While Having Fun on Top Concert Stages	Matthias Bertsch
11:40	5:40 AM	Networking	Intentional Conversation: Interactive Discussions	– Everyone –
12:15	6:15 AM	Keynote	How to Revitalize Your Mental Battery. The Neurobiological Fountain of Our Mental Energy, Creativity, Individuality, and Motivation – and How to Make Better Use of It	Michael Nehls
12:45	6:45 AM	Workshop	Make Friends with Your Procrastination	Marein Orre
13:15	7:15 AM		Lunch Break	– Everyone –
14:15	8:15 AM	Tapping Game	Tapping Game: Experience the Essence of Rhythm	Wolfram Winkel
14:30	8:30 AM	Interview	Childhood Dream Olympics: Reaching a Long-Term Goal Despite Obstacles Such as Corona	Anna-Maria Wagner; Jonas Zopf
15:05	9:05 AM	Snackivity	Resource Transfer	Bettina Hafner
15:15	9:15 AM	Panel Discussion	"How did I get into music?" Results of a Survey of Music Students at the University of Music Freiburg	Claudia Spahn; Manfred Nusseck; Anna Immerz
16:00	10:00 AM	Interview	Enthrall, Enthuse, Excite, and Encourage: Perspectives on Life and Work from Mark Cuban	Mark Cuban; Adina Momell
17:05	11:05 AM	Snackivity	Short Yoga Break	Robert Altnöder
17:15	11:15 AM	Presentation	Will I or Will I Not? – Motivation at the Crossroads	Kurt Sokolowski
18:00	12:00 PM	Workshop	What Peaks My Passion? Developing Your Own Approach to Musical Language	Jay Ashby
18:00	12:00 PM	Workshop	Transgressing Assumptions. Upending Educator's Roles in Music Education	Frank Heuser
18:45	12:45 PM		Dinner Break	– Everyone –
19:20	1:20 PM	Snackivity	Slide 'n' Glide Your Nerves	Marcus Trocha
19:30	1:30 PM	Musical Event	Musical Event	Jay Ashby; Pascal Haas

Saturday, June 3

CET	EST	Tracks	Session Title	Speakers
9:00	3:00 AM	Tapping Game	Tapping Game: Experience the Essence of Rhythm	Wolfram Winkel
9:15	3:15 AM	Workshop	The Blank Piece of Paper. Creating Music Here and Now, but How?	Jan Müller-Wieland
9:15	3:15 AM	Workshop	Concert. Design. Thinking.	Wiebke Rademacher
9:15	3:15 AM	Workshop	The Three Stages of Drive and Motivation	Klaus Rom
10:05	4:05 AM	Snackivity	Let it go! Hold & Release to Meet Your Individual Balance	Simone Spangler
10:15	4:15 AM	Presentation	Between Discipline and Creativity: Reflections on Performing Artists' Motivation from the Perspective of Self-Determination Theory	Veronika Lubert; Sanna Nordin-Bates
10:55	4:55 AM	Snackivity	Stretching and Coordination Exercises	Mark Pogolski
11:00	5:00 AM	Panel Discussion	Motivating Rhythm: Interdisciplinary Perspectives from Music and Sport	Holger Geschwindner; Christian Benning; Costas Karageorghis
12:00	6:00 AM		Lunch Break	– Everyone –
12:30	6:30 AM	Posters	Live Poster Session With Presentations by the Authors	
13:30	7:30 AM	Snackivity	Avatar's Brain Dancing	Marcus Trocha
13:40	7:40 AM	Presentation	"It's bigger than just this music thing." Change Through Somatic Learning in Musicians' Health Education	Bridget Rennie-Salonen
14:20	8:20 AM	Snackivity	Ad hoc Dance Impro	Bettina Bläsing
14:30	8:30 AM	Keynote	A Premium on Perceived "Naturalness": Implications for Motivation and Ideals of Fairness and Meritocracy	Chia-Jung Tsay
15:40	9:40 AM	Networking	Intentional Conversation: Interactive Discussions	– Everyone –
16:10	10:10 AM	Workshop	Pressure-Proof Performance: Effective Strategies to Combat Choking and Join "The Zone"	Noa Kageyama
16:10	10:10 AM	Workshop	Ready, Set, Go! Let Incentives and Rituals Spark Your Willpower to Get Things Done	Jutta Drinda
17:00	11:00 AM	Snackivity	Dynamic Stretch	Costas Karageorghis
17:10	11:10 AM	Presentation	Propelled by Joy: How Accomplishment of Proximal Goals During Music Practice Contributes to Personal Agency, Efficacy, and Well-Being	Robert Duke
17:50	11:50 AM		Summary / Thanks	Adina Momell