

RIAM

Royal Irish
Academy of Music



A guide to RIAM Holistic 2024-2025

Contents

Introduction to RIAM Holistic	1
Overview	2
Year One	3
Year Two	4
Years Three and Four	5
Holistic+	8
Requirements and Assessment	9
Calendar 2024–2025	10
Timetables 2024–2025	11
Year One	11
Year Two	12
Years Three and Four	13

Introduction to RIAM Holistic

RIAM Holistic responds to the current need for musicians to possess myriad capabilities if you are to create and sustain a livelihood in music. It comprises four core areas: Somatic Practices, Personal Development, Professional Development, and Cultural Agency. Somatic Practices focus on preventing or rehabilitating performance-related injuries and reducing anxiety for musicians. Personal Development focuses on developing your awareness and understanding around psychological health and reflective practices, and their impact on your ability to meet the demands of the profession. Professional Development is designed to equip you with the tools and techniques required to meet the demands and realities of an ever-changing music profession. Through Cultural Agency, you will engage in creative activities that contribute to society through performance, pedagogy, and research.

In addition to the cross-faculty modules offered by RIAM, faculty-specific personal and professional development opportunities may present themselves throughout the year. These Holistic+ experiences might include performance projects, professional mentoring schemes, seminars with professionals, and masterclasses. You can also document the experiences in your Reflective Journal.

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Module Administrator: Begum Nebol Ozdamar begumnebolozdamar@riam.ie

Overview

Year One

Personal Development	Academic Writing Personal Development Planning Performance Psychology
Professional Development	Digital Literacy
Cultural Agency	The Musician in Society Vocal Health (vocal students only)
Somatic Practice	Yoga (not compulsory)

Year Two

Personal Development	Performance Psychology
Professional Development	Career Strategy
Cultural Agency	Vocal Health (vocal students only) Pedagogy (instrumental students only)
Somatic Practice	Yoga (not compulsory)

Years Three and Four

Personal Development	Performance Psychology
Professional Development	Choice of: Setting up your Teaching Studio Finances for Musicians
Cultural Agency	Choice of: Mindset Positive Health – Because You're Worth It! Design your Outreach Programme: From Philosophy to Funding
Somatic Practice	Choice of: Yoga ITM Alexander Technique

Year One

Futures Learning [2.5 ECTS]

Personal Development

Personal Development focuses on developing your awareness and understanding around psychological health and reflective practices and their impact on your ability to meet the demands of the profession

- Personal Development Planning (2 hours): Become a reflective practitioner and learn to plan for success
- Performance Psychology (6 hours): Develop awareness and understanding around psychological health and its impact on the ability to meet the demands of the profession

Professional Development

Professional Development is designed to equip you with the tools and techniques required to meet the demands and realities of an ever-changing music profession

- Digital Literacy (3 hours): Learn how to best utilise Moodle functionalities, Office 365, and email to support your learning

Cultural Agency

Through Cultural Agency, you will engage in creative activities that contribute to society through performance, pedagogy and research

- The Musician in Society (3 hours): A short reflection on the potential for the arts to engender societal change, explore musical initiatives, actions and creations that have been focused on creative and positive social impact, and discuss how this might apply to you as you embark on your degree programme.
- Vocal health (6 hours for vocal students only)

Somatic Practice (optional)

Somatic Practice focuses on preventing or rehabilitating performance-related injuries and reducing anxiety for musicians

- Yoga (20 hours): Increase your awareness of how to use the body to allow for good posture and ease of movement while performing to help avoid overuse injuries and develop freedom of expression. This class is optional, and classes are filled on a first-come-first-served basis unless the slot is assigned to a particular cohort. In this case, members of the cohort are given first preference.

Year Two

Futures Learning [2.5 ECTS]

Personal Development

Personal Development focuses on developing your awareness and understanding around psychological health and reflective practices and their impact on your ability to meet the demands of the profession

- Performance Psychology (6 hours): Develop awareness and understanding around psychological health and its impact on the ability to meet the demands of the profession

Professional Development

Professional Development is designed to equip you with the tools and techniques required to meet the demands and realities of an ever-changing music profession

- Career Strategy (6 hours): Define, articulate and communicate your personal brand. Produce a press kit (CV, biographies and a press release). Consider how to best leverage social media for professional purposes.

Cultural Agency

Through Cultural Agency, you will engage in creative activities that contribute to society through performance, pedagogy and research

- Pedagogy (10 hours for instrumental students only)
- Vocal health (6 hours for vocal students only)

Somatic Practice (optional)

Somatic Practice focuses on preventing or rehabilitating performance-related injuries and reducing anxiety for musicians

- Yoga (20 hours): Increase your awareness of how to use the body to allow for good posture and ease of movement while performing to help avoid overuse injuries and develop freedom of expression. This class is optional, and classes are filled on a first-come-first-served basis unless the slot is assigned to a particular cohort. In this case, members of the cohort are given first preference.

Years Three and Four

Personal Development

Personal Development Planning (4 hours): Become a reflective practitioner and learn to plan for success

Performance Psychology (6 hours): Develop awareness and understanding around psychological health and its impact on the ability to meet the demands of the profession

Electives

You must choose and attend one elective from each of the following three components: Professional Development; Cultural Agency; Somatic Practice.

Professional Development

Professional Development is designed to equip you with the tools and techniques required to meet the demands and realities of an ever-changing music profession.

Setting up your Teaching Studio

This course is an introduction to the basics needed to successfully run your own teaching studio or school. This short course will include Branding, Accounting, Fees Policies, Garda Vetting, Contracts, Staff Recruitment, and Student Recruitment & Website building. Students will have the opportunity to create their own individual branding and learn how to promote themselves in an ever-changing market, where more and more artists balance both teaching & performance careers.

Course Facilitator: Owen Gilhooly-Miles

Finance for Musicians

This class offers an overview of financial planning, including budgeting, risk management, taxes, and retirement planning. The course is designed specifically for artists and aims to demystify financial planning processes. It is very broad so you can essentially shape the module as you see fit.

Course Facilitator: Jean Coleman

Cultural Agency

Through Cultural Agency, you will engage in creative activities that contribute to society through performance, pedagogy and research.

Mindset

Growth Mindset = Passion, Positivity, Perseverance, and Proactivity. Mindset can be defined as your attitude and how you perceive the world based on your experiences. For musicians discovering their future possibilities, the most important tool they can be equipped with is a productive mindset so they can overcome future challenges.

Course Facilitator: Vourneen Ryan

<https://ie.linkedin.com/in/vourneen-ryan-9980a413>

<https://theschoolofperformance.com/about/>

Positive Health – Because You’re Worth It!

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’ (World Health Organisation) Positive Health combines elements of Positive Psychology and Lifestyle Medicine to give individuals the confidence to enhance their own well-being. This course will enrich knowledge and provide practices on how to nurture areas of health including nutrition, mental health, social, sleep, activity and stimulants. Through this course you will review your current lifestyle, then create and implement a personal plan to make improvements. Research supports the multifaceted health benefits of meditation so, throughout the six weeks, you will also develop a meditation practice to support you in living your best life.

Course Facilitator: Dr Jennifer McCay

<https://www.riam.ie/about/our-people/jennifer-mccay>

Design your Outreach Programme: From Philosophy to Funding

Learning skills to create and facilitate outreach work stand alone or alongside professional performance.

Climate, content and pedagogy. This course will share the WhistleBlast Quartet’s pedagogy, before exploring ways to create workshops for young people that brings together diverse groupings. Finally, you will explore how you can apply for funding for similar projects.

Course Facilitator: WhistleBlast Quartet – Mary Curran, Dr Kenneth Edge, Conor Linehan, Oonagh Keogh

<https://www.whistleblastquartet.com/>

Somatic Practice

Somatic Practice focuses on preventing or rehabilitating performance-related injuries and reducing anxiety for musicians

ITM Alexander Technique

This course offers interested students an introduction to the Interactive Teaching Method (ITM) approach to Alexander Technique. We will see how the experience gained through a study of Alexander's work can help us improve our mental and physical performance in our everyday and specialised activities.

Course Facilitator: Brian Walsh

<http://brianjohnwalsh.com/about-brian/>

<https://www.itmalexandertechnique.org/>

Yoga

Yoga is about balance. Yoga teaches you how to use your body and breathe to restore balance in all the layers of your being. You will be guided in your yoga practice to strike a balance between strength, stamina, flexibility and awareness.

Course Facilitator: Nabin Thapa

<https://ie.linkedin.com/in/nabin-thapa-6785b022>

<http://www.kathmanduhealing.org/>

Holistic⁺

In addition to the cross-faculty modules offered by RIAM, faculty-specific personal and professional development opportunities for students may present themselves throughout the year. These Holistic⁺ experiences might include performance projects, professional mentoring schemes, seminars with professionals, and masterclasses. Students can document their Holistic⁺ experiences in their Reflective Journal.

Requirements and Assessment

1. Attendance for synchronous classes/completion of online modules in line with general RIAM attendance requirements (see course handbook)
2. Every module will specify some formative deliverables that are connected to the development of competencies as outlined in the LOs and that student can return to and draw on in their future. These will not contribute to the overall Holistic grade.
3. Creation of an online reflective journal: Students will be required to produce a reflective journal on Moodle, an online portfolio tool, documenting their learning in the four core areas.

Personal Reflections (50%)	minimum 10 throughout the year
Graded Reflections (50%)	4 reflections, one on each of the four areas of RIAM Holistic
Reflective Practice	100%

Calendar 2024-2025

Semester One

Week Number	Week beginning
Week 1	16 th September 2024
Week 2	23 rd September 2024
Week 3	30 th September 2024
Week 4	7 th October 2024
Week 5	14 th October 2024
Performance Spotlight Week 1a	21 st October 2024
Performance Spotlight Week 1b	28 th October 2024
Week 6	4 th November 2024
Week 7	11 th November 2024
Week 8	18 th November 2024
Week 9	25 th November 2024
Week 10	2 nd December 2024
Performance Spotlight Week 2	9 th December 2024

Semester Two

Performance Spotlight Week 3a	6 th January 2025
Performance Spotlight Week 3b	13 th January 2025
Week 1	20 th January 2025
Week 2	27 th January 2025
Performance Spotlight Week 4	3 rd February 2025
Week 3	10 th February 2025
Week 4	17 th February 2025
Week 5	24 th February 2025
Holiday Week	3 rd March 2025
Week 6	10 th March 2025
Week 7	17 th March 2025
Week 8	24 th March 2025
Week 9	31 st March 2025
Week 10	7 th April 2025

Timetable: Year One

Personal Development and Cultural Agency (all students): Monday 1–2pm in person

Semester One	
Week 1: Performance Psychology Virginia Kerr	16 th September 2024
Week 2: Orientation Follow-up Lynsey Callaghan	23 rd September 2024
Week 3: Academic Writing Lynsey Callaghan	30 th September 2024
Week 4: Performance Psychology Virginia Kerr	7 th October 2024
Week 5: Academic Writing Lynsey Callaghan	14 th October 2024
Week 6: Academic Writing Lynsey Callaghan	4 th November 2024
Week 7: Performance Psychology Virginia Kerr	11 th November 2024
Week 8: The Musician in Society Lynsey Callaghan	18 th November 2024
Week 9: The Musician in Society Lynsey Callaghan	25 th November 2024
Week 10: The Musician in Society Lynsey Callaghan	2 nd December 2024
Semester Two	
Week 1: Performance Psychology Virginia Kerr	20 th January 2025
Week 2: Re-orientation Lynsey Callaghan	27 th January 2025
Week 3: Personal Development Planning Lynsey Callaghan	10 th February 2025
Week 4: Performance Psychology Virginia Kerr	17 th February 2025
Week 8: Performance Psychology Virginia Kerr	24 th March 2025

Vocal Health (Singers only): Tuesday 12-1pm in person

Eimear McCarthy Luddy	Semester 1, Weeks 1–6
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Yoga (all students): Tuesdays in person

Nabin Thapa	Semesters 1&2, Weeks 1-10 Class One: 9-9.45am (BMusEds given preference) Class Two: 10-10.45am Class Three: 11am-12pm (Years 3 and 4 given preference) Class Four: 1.15-2pm
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Professional Development (all students): Delivered during Orientation Week in person/during Music History class time

Timetable: Year Two

Yoga (all students): Tuesdays in person

Nabin Thapa	Semesters 1&2, Weeks 1-10 Class One: 9-9.45am (BMusEds given preference) Class Two: 10-10.45am Class Three: 11am-12pm (Years 3 and 4 given preference) Class Four: 1.15-2pm
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Personal Development (all students): Monday 1–2pm in person

Semester One	
Week 2: Performance Psychology Virginia Kerr	23 rd September 2024
Week 5: Performance Psychology Virginia Kerr	14 th October 2024
Week 8: Performance Psychology Virginia Kerr	18 th November 2024
Semester Two	
Week 2: Performance Psychology Virginia Kerr	27 th January 2025
Week 5: Performance Psychology Virginia Kerr	24 th February 2025
Week 9: Performance Psychology Virginia Kerr	31 st March 2025

Vocal Health (Singers only): Tuesday 11am–12pm in person

Eimear McCarthy Luddy

Semester 1, Weeks 1–6

Pedagogy (Instrumentalists only): Tuesday 12–1pm in person

Gráinne Deery

Keyboard/Composition Faculties – semester 1, weeks 1-10

WBP/Strings Faculties – semester 2, weeks 1-10

Professional Development (All students): Tuesday 12–1pm in person

Career Strategy with Vourneen Ryan

WBP/Strings Faculties – semester 1, weeks 1–6

Keyboard/Composition/Vocal Faculties – semester 2, weeks 1–6

Timetable: Years Three and Four

Personal Development: Monday 12-1pm in person

Performance Psychology | Virginia Kerr

Year Three Weeks 1, 4 and 7 in semester 1 Weeks 1, 4 and 8 in semester 2	Year Four Weeks 2, 5 and 8 in semester 1 Weeks 2, 5 and 9 in semester 1
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Somatic Practice: Tuesday 11am–12pm in person

Yoga Nabin Thapa	Semester 1, Weeks 1-6 Semester 2, Weeks 3-8
ITM Alexander Technique Brian Walsh	Semester 1, Weeks 1-6 Semester 2, Weeks 3-8

Professional Development: Wednesday 11.30am-12.30pm online

Semester 1, Weeks 1-6 online

Setting up your Teaching Studio	Finances for Musicians
Owen Gilhooly-Miles	Jean Coleman
Meeting ID: 835 4782 3487 Passcode: 576506	Meeting ID: 969 011 4325 Passcode: 571064

Cultural Agency: Wednesday 11.30am-12.30pm online

Semester 2, Weeks 3-8 online

Mindset	Positive Health – Because You're Worth It!	Design your Outreach Programme: From Philosophy to Funding
Vourneen Ryan	Dr Jennifer McCay	WhistleBlast Quartet
Meeting ID: 872 103 5598 Passcode: K03HKX	Meeting ID: 842 1605 9566 Passcode: 998800	Meeting ID: 849 3741 2585 Passcode: REh2cP