

Compete with Confidence

6 LESSONS · INTERMEDIATE

Welcome to Compete with Confidence. I built this course to give you exactly this: from your first contest entry to performing your best on the day — preparation, strategy, and nerves.

- ☐ **01 Competing for the First Time: Everything You Need to Know**
Everything you need to know before your first competition.
June 18, 2026 · 1h 8m · Competing & Performing

- ☐ **02 Piping Pitfalls: Top Mistakes and How to Avoid Them**
Avoid the classic mistakes that cost pipers results.
September 30, 2025 · 1h 8m · Practice Tips

- ☐ **03 Performing Your Best — Lessons from Sports and Performance Psychology**
Performance psychology: lessons from sport for the boards.
February 16, 2023 · 1h 4m · Competing & Performing

- ☐ **04 Getting Ready for Summer Competitions and Performances**
Plan your season and peak at the right time.
May 24, 2023 · 1h 0m · Competing & Performing

- ☐ **05 On the Day**
On the day: a minute-by-minute plan for competition success.
June 6, 2022 · 58m · Competing & Performing

- ☐ **06 Strategy & Goal-Setting for the Off-Season**
Use the off-season to come back stronger.
September 4, 2025 · 57m · Practice Tips