'Making a Great Career as an Artist'

Bologna - Day 1

Tomorr Kokona

World Class Performing Arts Consultant for Creative People (Choreographer, Director, Dancer, Business Coach, Public Speaker Large Scale International Performing Arts Producer, Consultant, Coach, Mentor, Movement Director and Choreographer)

Tomorrkokona.com

What does it take to follow your passion, become good at it and have a great time?



• Day 1 - Personal outlook

What motivates you and how to utilise it for success?

1. The three brain levels and the computer.

Lunch

- 2. What is your: Why, How and What? Break
- 3. What is stopping you?



30 years of working in the performing arts as a dancer, choreographer, actor and director.

20 years of dancing career as a soloist dancer, choreographer and actor, including English National Opera, Spanish National Theatre, Classical Ballet of Madrid, Spanish National Television, Albanian National Ballet etc.





Producing and directing:

- international cultural events and artistic productions at renowned venues including, Wembley Arena, London's Southbank Centre and other European institutions.
- medium and large-scale artistic, cultural and educational events in partnership with private and public organisations.
- mentoring, entrepreneurship, business and art-form development programmes for artists and organisations.







The Three Brain Levels & The Computer







The Reptilian Part of the Brain

The reptilian brain first appeared in fish, nearly **500 million years** ago. It continued to develop in amphibians and reached its most advanced stage in reptiles, roughly **250 million years** ago.



The Limbic Part of the Brain The limbic system first appeared in small

mammals, about 150 million years ago.



The Human Part of the Brain

Most of the growth of human brain occurred in the past **2 million years** and around **40 thousand years** ago it developed into the current form.





Conclusion

Limbic - 150 million years old



Neocortex - 2 million to 60 thousand years old

Reptilian - 300 to 250 million years old







What you do on a daily basis?

How you do what you do? Why do you do what you do?







What is your why?





Finding your why:

To inspire people to do the things that inspire them so that, together, we can change our world

Contribution: it's what you do for others (seeking to inspire people to do the things that inspire them)

Impact: what happen when that contribution is made (a lot of people working together to change our world)





What is stopping you?

"No one can make you feel inferior without your consent"

Eleanor Roosevelt

"I've had a lot of worries in my life, most of which never happened" Mark Twain



- What are the 80% of tasks/people/activities that bring you only 20% of benefits? Do the reverse.
- Make decision to invest in yourself in getting better as if your future life depend on it
- Identify most important skills to have and make a plan to get better in quantity and quality





- If you have a magic wand, What skill will have the biggest impact in your career/earning ability? Set it as a goal and work on it every day.
- Set excellent performance as a goal. Determined what you need to do to join the top 20% in your field and make it your goal.
- Look ahead 3-5 years and determined the skills that will lead you there and start acquiring them today.





- Make a list of people alive or in the past that went through adversities and succeeded. Ask or consider them as you mentors
- Select the top person in your field you admire the most and use them as the role model for your development
- Commit today to have lifelong learning. Never give up.







Every day:

Do at least one thing that you're afraid of





Knowledge

Connections ...?





Invest in your creativity by investing in yourself:

- Be Curious & Observant
- Be Selective & Eliminate
- Be Consistent & Organised
- Be Open & Learn from Mistakes
- Be Yourself & Friendly
- Be Generous & Teach



Thank you!

Tomorr Kokona

Bringing Business to the Arts Performing Arts Consultant and Coach for Individuals and Organisations

For a **<u>FREE</u>** consultation get in touch:

<u>TomorrKokona.com</u> Or call:+44 (0)2030 120 134

