MentalVoice Coaching

Vision

We believe, that mental strength can create better well-being in our work, both on and off stage. When we thrive in what we do, we have greater opportunities to succeed

Who we are

MentalVoice is a non-profit organization creating greater awareness of mental health primary in the music industry, and want to create a healthier working environment for artists, musicians, performers, bands and those around them, where they are more able to master the challenges that are specific for a career in the music and media industry

MentalVoice counselors

MentalVoice counselors have a psychological background, either as psychology students, fully qualified psychologists or in work with performance psychology and mental training. Some advisors are also musicians themselves

Mental strength

Adversity, doubts and worries are a natural and inevitable part of having to perform. Therefore, MentalVoice defines mental strength as the ability to act in accordance with one's drive and values, even when faced with difficult thoughts and feelings