



# Christina Cooper

**Performance Psychology Specialist  
Creator of the Fearless Musician Method™**

Christina Cooper is a performance psychology specialist and professional musician trained at the Royal Academy of Music and The Juilliard School. Her work focuses on understanding why performance can feel unstable under pressure, through her **Pressure-Identity Loop™** and **Fearless Musician Method™**.

Integrating performance psychology with subconscious approaches (including hypnotherapy and NLP-based methods), she helps performers and high-level teams stabilise their response to pressure – so performance becomes more consistent, grounded and free.

AS SEEN IN



## SIGNATURE TALKS

- ✓ Why Performance Breaks Down Under Pressure (even when you're highly skilled)
- ✓ When Performance Becomes Personal: Identity and Pressure in High-Stakes Environments
- ✓ From Unpredictable to Reliable: Stabilising Performance Under Pressure

## ENQUIRIES

✉ [speaking@christina-cooper.com](mailto:speaking@christina-cooper.com)

🌐 [christina-cooper.com](http://christina-cooper.com)



**THE FEARLESS MUSICIAN**  
*with Christina Cooper*