



Christina Cooper

**Professional Musician
Creator of the Fearless Musician Method™**

Christina Cooper is a professional musician trained at the Royal Academy of Music and The Juilliard School. Her work focuses on the subconscious patterns that shape performance under pressure — and how those patterns can be reshaped at the level of identity through her **Pressure-Identity Loop™** and **Fearless Musician Method™**.

Her work integrates subconscious approaches, including hypnotherapy and NLP, to reshape how performers respond to pressure at the root — so performance becomes more consistent, grounded, and free.

AS SEEN IN



SIGNATURE TALKS

- ✓ Why Performance Under Pressure Isn't Random — It's Patterned
- ✓ When Performance Becomes Identity: The Hidden Driver of Pressure
- ✓ From Reactive to Reliable: Reshaping Performance Under Pressure

ENQUIRIES

✉ speaking@christina-cooper.com

🌐 christina-cooper.com



THE FEARLESS MUSICIAN
with Christina Cooper

Performance doesn't break down randomly under pressure — it follows a pattern.