

# COACH AND CLINICIAN!

"I have noticed that I am getting better at seeing this injury in a more positive light, as well as seeing other things in life in a more positive light. I thought I was going to get only musical coaching out of this, but rather I got musical coaching and practical life skills coaching that is super useful in all other aspects of life."

*Current Musician Unchained Member*

## MUSICIAN INJURY STATS

**4/5**

professional  
musicians  
will  
experience  
an injury

**85%**

of musicians  
experience  
pain while  
playing their  
instrument

**25%**

of studied  
injured  
musicians  
seek help

## MEET CLARK LOVELL

Clark Lovell, the passionate founder of "Musician Unchained," empowers musicians to overcome injury and realize their potential. His own recovery journey after a career-derailing injury in 2022 inspired his dedication to injury psychology, both recovery AND prevention. As host of the "Trust the Process" podcast, Clark shares valuable lessons, fostering personal growth and community for musicians seeking to thrive.

## INTERESTED IN WORKING WITH ME?



**LET'S CHAT!**

(223) 333-0632

Clark Lovell, CEO, Founder  
Musician Unchained

Host, Trust the Process Podcast

[WWW.MUSICIANUNCHAINED.COM](http://WWW.MUSICIANUNCHAINED.COM)



“Your injury can  
become the greatest  
catalyst for beautiful  
change in your life!”

# THE PODCAST

Trust the Process is kind of a cliché phrase, right? Well, it is often the most repeated phrases that become the ones that we need to hear the most. When Clark, the host of Trust the Process injured his lip, a few things became blatantly obvious to him:

1: Hardly anyone was talking about injury prevention in musicians,

2: There was hardly any readily available or apparent community that musicians who were going through injury could go to for resources and help

3: Musicians generally have a mindset that can lead to unhealthy practices in their musicianship and life in general.

Thus, Trust the Process was born. Born from a desire to provide a resource and community for musicians who are navigating injury recovery, as well as help all musicians develop a mindset that drives them to the success they desire, in a holistic and healthy way!

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# THE COACHING PROGRAM

Musician Unchained is your go-to brand for navigating and overcoming musical injury. Providing support and valuable resources, it empowers injured musicians with personalized 1-on-1 coaching with Clark. By focusing on mindset development, Clark guides musicians to not only navigate their recovery journey but also to thrive, transforming into the musicians they aspire to be. In addition to providing free resources like the Trust the Process Podcast, MU is the place to find needed contacts for the physical and pedagogical rehabilitation needed.

## WANT TO BUILD STRONGER MUSICIANS IN YOUR PROGRAM?

Invite Clark from Musician Unchained for an engaging session on overcoming injury and empowering musicians!

"Clark taught at my Psychology of Music Performance class. He did a great job sharing his story and encouraging my students to take care of their health."

*Dr Jon Skidmore, Psy.D  
Performance Psychologist*



## WORKSHOP TOPICS

- How to Become an Unchained Musician
- Building Resilience in Injury Through Mental Conditioning
- 5 Mindset Shifts to Help You
- THRIVE as a Musician!
- From Sore to SOAR: Mastering Musician Mindset and Health
- Preventing Injury in the Practice Room
- Invest in Yourself to Become a Better Musician

## PROGRAM BENEFITS

- Develop mental fitness
- Increase your resilience
- Uncover opportunities through obstacles
- Nurture new, healthier habits