

Guitoberfest

Navigating Challenges – Workshop with Jane Curry

I started coaching calls with CGCA members in April of this year. Since then I have had the pleasure of working with people from all over the world who love classical guitar. Together we've worked on a range of problem-solving strategies and it's always thrilling to hear those approaches translate into sound - a more legato line, a smoother chord shift or a more colourful and dynamic interpretation.

While there are practical approaches to problem solving and these form the fundamental content of our coaching calls, less often talked about is how we approach challenges that may be unique to us - a missing fingertip, stiff joints, arthritis. What I would like to explore with you in this workshop is how we might navigate or think about our individual challenges while remaining buoyant in our love for, and commitment to learning classical guitar.

What may not be common knowledge to all those I work with on coaching calls is that my guitar playing facility has been significantly impacted by a major injury. On boxing day 2019 I was swimming in the sea, when another swimmer dived into the same wave, our heads collided and my neck was broken at C5/6/7 (cervical). The level of these fractures and resulting spinal cord injury means that all four limbs are affected, and I use a manual wheelchair for getting around.

Below are some links documenting life after the accident for those who may be interested!

[Jane Curry: Rebuilding a Life | RNZ](#)

[Injury date Dec '19 Spinal cord injury, C 5/6/7 incomplete quadriplegia. \(youtube.com\)](#)

[Hand therapy routine, quadriplegia C7 \(youtube.com\)](#)