



“It’s Not (JUST) About the Gig”

ABOUT THE BOOK

A solid musical education focuses on technique, musicality and quality of performance in addition to auditions and competitions. One’s personal development and a true sense of self can get lost along the way.

“It’s Not (JUST) About the Gig” dissolves the myths surrounding success in music and helps readers to not only define what success means to them, but also to create a solid action plan to be successful in all areas of their lives.

ABOUT THE AUTHOR

Dana Fonteneau is rapidly establishing herself on the world stage as a thought leader for musicians on such topics as success, health and wellness, innovation and empowerment for sustainable careers in music. A former concert cellist, Fonteneau’s chamber music career was formed by studying directly with founding members of the Amadeus, Juilliard and Borodin string quartets. Now a licensed somatic psychotherapist in the state of California and founder of “The WholeHearted Musician,” Fonteneau devotes her time to empowering musicians to have successful, fulfilling and financially sustainable lives in the arts. Her writing can be found in *Strings Magazine*, *Chamber Music Magazine*, *San Francisco Classical Voice* as well as her own blog.

HOW TO USE THIS GUIDE

Each book guide follows the weekly Connect: 21CM Book Club discussions led by Sylvia Yang on [Facebook](#) @21CMBookClub. Feel free to follow along with other book club members in real time or work at your own pace.

Welcome to the 18th meeting of Connect: 21CM Book Club. Join us as we read “It’s Not (JUST) About the Gig: A Musician’s Guide to Creating the Mindset Which Leads to Career Success AND Fulfillment” by Dana Fonteneau, which aims to help readers create actionable and personalized plans for their music careers.

BEFORE YOU READ...

Dana Fonteneau is the creator of the blog *The WholeHearted Musician* and the founder, executive coach and consultant at Dana Fonteneau Consulting. Her international practice serves small businesses as well as individuals, entrepreneurs and artists. In her book, “It’s Not (JUST) About the Gig,” Fonteneau guides readers down a path of self-exploration and personal discovery.

AS YOU READ...

We offer a few questions for each chapter so you can dive deeper into your reading.

CHAPTER BREAKDOWN:

APRIL 4-10: PAGES 1-29

“It doesn’t matter if your gig is great or awful if you don’t know why you wanted it or how you got it in the first place.” (p. 21)

In chapter one, Fonteneau directs readers’ attention toward understanding the “why” and the “what” in our lives. She quotes the following from comedian Michael Jr.: “When you know your ‘why’ then your ‘what’ has more impact, because you’re working towards your purpose.”

Share your purpose in the comments! What are you working towards as a musician and why?

APRIL 11-17: PAGES 30-55

“It’s really hard to stay healthy if you’re always worried about money. It’s hard to play well if you have pain or an injury. It’s hard to focus in rehearsal if you’re worried about your relationship. And it’s hard to generate inspiration and extraordinary music making if you aren’t connected to state of awe, wonder, gratitude and something bigger than yourself. You must see the lay of the land, the bigger picture of your life and how you want to be.” (p. 43)

Fonteneau describes the need to “see the lay of the land” and references Dr. John Demartini’s work on the seven areas of life needed for personal empowerment: seven different aspects of life – spiritual, physical health and wellness, family, social, financial, career and mental.

How do you find balance in your life? Do you follow a similar thought process as Demartini? Or do you use a different model when seeking balance?

APRIL 18-24: PAGES 56-74

“Success is a process, not a destination; a becoming, not a formula. And when we achieve it, through a moment-to-moment process, we have biochemical feedback from our minds and bodies that tells us we’re on the right track. Success is empty and short-lived if it only comes from the outside world of validation, awards, and achievements.” (p. 57)

Here, Fonteneau shares an individualized view of success. What is success to you? Is it a particular job, leaving a legacy, winning an award or prize? How do you define success?

APRIL 25 - MAY 1: PAGES 75-104

“As you’ve seen again and again in this book, inspiration is the name of the game. Being true to yourself, setting goals that are clear and congruent with where you are and where you’re going, hustling to do whatever it takes – these are the real elements of success.” (p. 74)

We all need a little inspiration in our lives, but finding it can be a challenge. How do you find inspiration? Do the stories of others inspire you? Are you inspired by mentors or colleagues? Think about those who inspire you and how have they overcome adversity and challenge.

QUESTIONS FOR THE AUTHOR?

We hope you enjoyed April’s book club selection and the dialogue with colleagues on 21CM.org. Do you have a question for the author? Send us your questions via email at bookclub@21cm.org or message your questions on Facebook to [@21CMBookClub](#).