

‘The major problem in becoming a good artist/musician is not about being talented or not, but about the way you work, the way you practice and above all the way you think about yourself.’

Michael Gustorff (born 1958 in Leverkusen, Germany) is a well-known and highly respected performer throughout Europe. He was considered one of the finest jazz violinists in contemporary jazz. A few years ago he switched from the violin to the bass. He has often been featured as a soloist or sideman with major bands and orchestras, among them the radio big bands of Berlin and Frankfurt, the Millennium Jazz Orchestra, Guus Tangelder Big Band, Dick de Graaf Septet, Trio Nuevo, Michael Gustorff Quartet, The Gust, The Gust GrooveJam, Rudi Rhodes Rio Reiser/Bob Dylan/Martin Luther King projects, Two BassN’Vox, Three Of Live and The Bernard Brogue Band. He has played festivals, clubs and theatres all over Europe, Canada and Asia (Deutsches Jazz Festival Frankfurt, Leverkusener Jazztage, North Sea Jazz Festival, Dublin, Imatra, Montreal, Vancouver, Toronto, Quebec, Bangalore, Barcelona, Madrid, Seoul).

Alongside his career as a musician, Michael Gustorff has been working as a teacher, coach and mental trainer at the ‘ArtEZ Conservatory’ in Arnhem (The Netherlands). From 1992-2016 he also taught at the ‘Hochschule für Musik und Tanz’ in Cologne (Germany).

In 2004 he released his first book ‘Practising Without Problems - Mental Training For (Jazz) Musicians’ (2nd edition published in 2006) followed by ‘Creativity & Everyday Life - A Mental Guide Not Only For Artists & Musicians’ in 2010.

Michael Gustorff has taught mental training workshops at music & art academies all over the world (Amsterdam, Antwerp, Barcelona, Berlin, Cologne, Dresden, Enschede, Essen, Freiburg, Gent, Hannover, Leipzig, Maastricht, Riga, Rotterdam, Seoul, Utrecht, Vienna, Zwolle).

His relaxed and friendly approach has motivated countless students, teachers and amateurs to try out new ways of learning and teaching.

[www.gustorff.com](http://www.gustorff.com)