

Julie Enger Børresen: Career and experiences

Topics today

- My way into the music industry
- Do what you love
- Take care of you body
- Dreamlist and babysteps

My way into the music industry

Drummer in Frk. Fryd
Songwriting
Managing the band
Sony music
Touring in Norway, US and France









From a band to a solo project



- Played in Frk. Fryd for 10 years, before we took a break
- Needed to move on, so I started to sing my own songs
- Was burned out, so needed to start to take care of my body
- Find out that I am good enough and make new goals and dreams.

LULI

My soloprosjekt
Made songs
Band
Released on my label Artist Balance
Touring
Managing
Videos

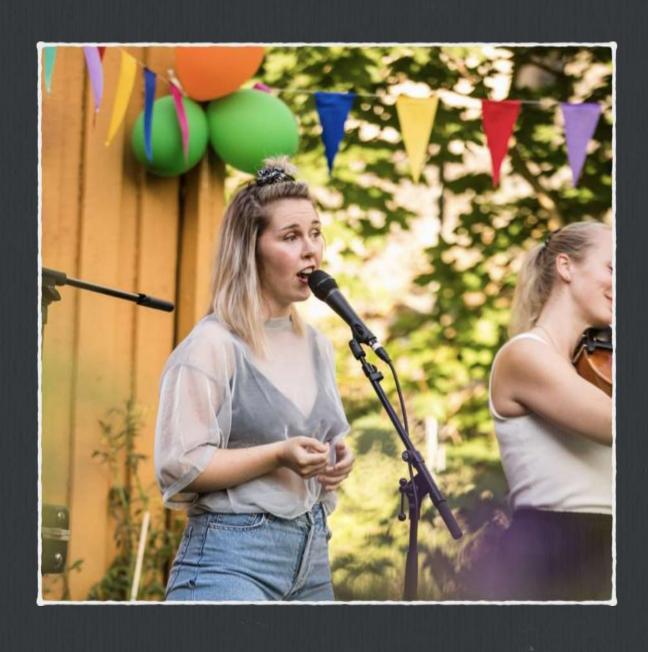


Teaching



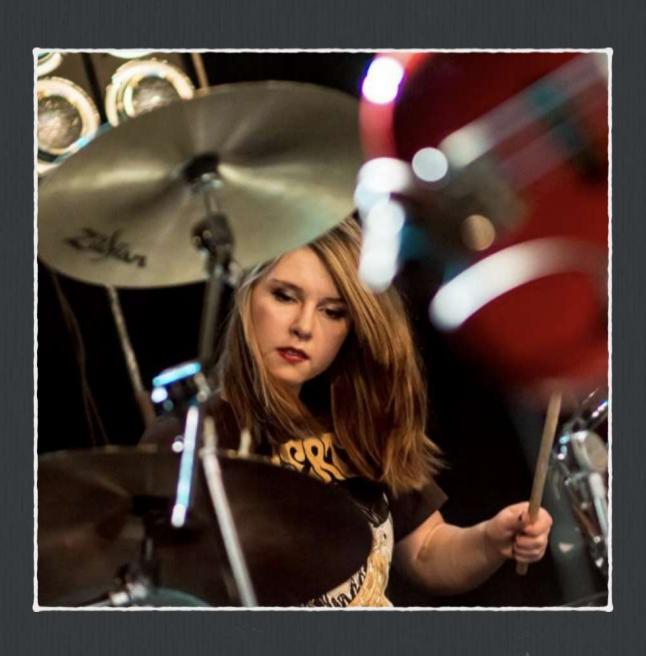
- Songs for Humanity, DKS
- Ableton courses
- Songwriting classes
- Record your own vocal» courses
- Band schools and camps

Do what you love



- Find out what part of the industry you wanna work with
- Train your craft
- Connect with other people
- Try different jobs, and get experience
- Have fun in the prosess
- Progress, not perfection

Take care of your body

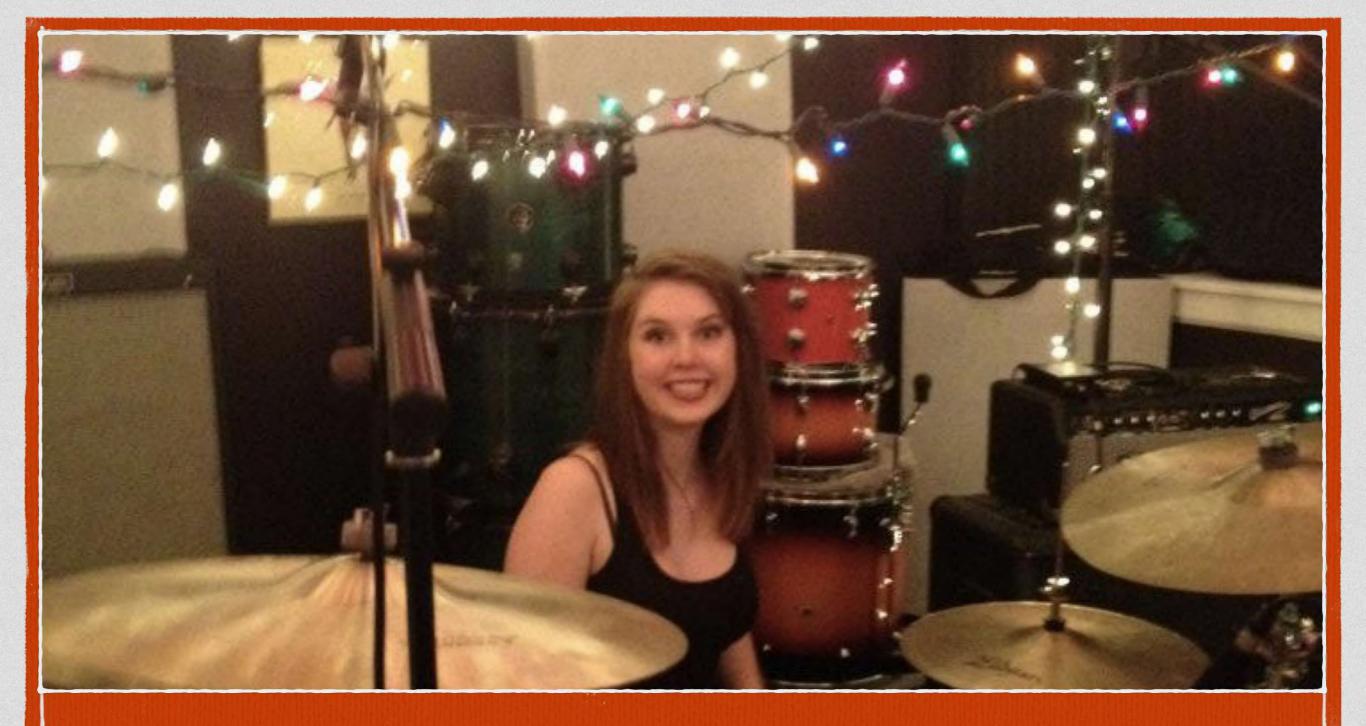


- Exercise
- □ Talk to people
- Feel your emotions
- Eat enough and regularly
- Meditation
- Timani

Dreamlist and babysteps

- 1. Write down your dreams
- 2. Choose one of your dreams
- 3. Make a thought map and write down everything you can do to catch that goal
- 4. Choose 5 small doable steps you can do that will bring you towards your goal.





A little step every day

Towards the goal, and you'll get there

