



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



Photo by John F



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 soloprojekt

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 process
- ❑ 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

A woman with blonde hair, wearing a black lace dress and a red skirt, is smiling and looking up. She is inside a pink tent-like structure with white fabric walls. Her right arm is raised, and she is wearing a black glove. The background is a vibrant pink and purple gradient.

Thanks for your time!

Contact:
julie.enger.borresen@gmail.com