

Dr Bridget Rennie-Salonen

PhD PGDip BA LRSM LBME

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An award-winning flautist and academic, with extensive and diverse music education experience, Bridget is a sought-after pedagogue, performer, scholar, and musicians' health practitioner.

She is Postdoctoral Fellow and Part-time Lecturer at Stellenbosch University (SU) where she is head of woodwinds; lectures in flute, Baroque traverso, woodwind teaching methods, repertoire studies and orchestral studies; directs the woodwind ensemble; and supervises postgraduate research. Bridget also teaches flute part-time at the University of Cape Town. Many of her former students have excelled locally and abroad, now occupying key performance, entrepreneurial, and educational positions in the South African (SA) music sector.

A well-known performer in multiple genres, Bridget has appeared as soloist with several SA orchestras. As the Solo Principal Flute of the Cape Town Philharmonic Orchestra for many years, she was the recipient of the prestigious Ben & Faye Carklin Award for Artistic Excellence. Recent awards include Fiesta, Silver Ovation, Fanie Beetge Academic Prize, and Oppenheimer Memorial Trust awards. She is currently a freelancer and guest principal flautist and is the Baroque traverso flautist with the Cape Town Baroque Orchestra.

Bridget's internationally connected interdisciplinary research and leadership in Performing Arts Health is ground-breaking for SA. Her PhD (Music) focused on musicians' occupational health curriculum content, implementation, and assessment. Passionate about the integration of optimal artistic performance with well-being and health promotion, her research interests include musicians' occupational health; musicians' health education and health literacy, health promotion in and through music; somatic approaches in the performing arts; sensorimotor retraining and rehabilitation through multidisciplinary collaboration; performance psychology; musicians' thriving, motivation, meaning and joy; practising, skill acquisition and creativity in musicians; and relevance, transformation, and innovation in music curricula.

She holds certificates in the Essentials of Performing Arts Medicine and Functional Movement Anatomy; is a Licensed Body Mapping Educator and Training Mentor; is a core member of the international Musicians' Health Literacy Consortium; is a committee member on the International Society for Music Education's Instrumental and Vocal Teaching Forum; and chairs the SA Performing Arts Health Association. Bridget is also an experienced external examiner, adjudicator, and peer-reviewer.

Further information and resources available at www.bridgetrs.com

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