Ulla Munch

Ulla Munch is a professional classical singer, voice coach, and mental performance trainer based in Copenhagen, Denmark. With more than 35 years of experience as a soloist and ensemble singer, she has performed extensively throughout Europe, North America, Russia and Australia. Her international performance has provided her with deep insight into the physical and mental demands of high-level artistic performance.

Alongside her performing career, Ulla has dedicated a significant part of her professional life to teaching and mentoring singers. She is a specialist in working with young vocal talents going to the conservatory and is teaching at **Sankt Annæ Gymnasium**, internationally recognized as Denmark's premier school for young singers and choral education. Here, she is guiding young singers in developing healthy vocal technique, artistic expression, performance skills, and the confidence required for a sustainable musical career.

Since 2015, Ulla has also worked as a mental performance trainer with professional musicians and students at the **The Danish National Academy of Music**, helping them strengthen focus, resilience, and stage confidence. Her approach combines practical artistic experience with evidence-based methods in mental training, breathing, body awareness, and performance psychology.

In 2025, she published the book Mentaltræning for musikere (Mental Training for Musicians), offering practical tools for musicians to optimize performance, manage pressure, and cultivate long-term wellbeing.

Ulla holds a degree from the Musical Department at the **University of Copenhagen** and a Master's degree in Classical Voice from the **The Danish National Academy of Music**.

Drawing on decades of experience as a performer, educator, and mental trainer, Ulla Munch is dedicated to helping musicians of all ages perform with confidence, artistic freedom, and sustainable excellence.