

THEATRE FOR LIFE.

ACTING WORKSHOPS

PRACTITIONERS | APPLIED THEATRE |
DEVISING | AUDITION PREP | SHAKESPEARE |
| KS3 & 4 | AS & A LEVEL |
BTEC | CAMBRIDGE TECHNICALS |





UNLOCKING
CREATIVITY



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Practitioners

Shakespeare

Applied/Devising

Audition Preparation and Technique (Acting)

CPD, Training Courses and Wellbeing in the Performing Arts

Workshop Leaders

PRACTITIONERS WORKSHOP



SUPPORTING EDUCATION

Our workshops are designed to enable students to understand the key practitioner styles that have influenced and shaped theatre practices today.

We can design the workshop as an introduction to the practitioners; Stanislavski, Brecht and Artaud or as an extension to previous learning. Our workshops will provide a comprehensive insight into the different theatrical approaches, conventions and devices of each practitioner. The exercises can be applied into the creative and devising process or interlinked with specific textual work that the students are currently studying. We understand that most examinations boards will expect a contextual insight into the practitioners and what influenced their own theatre practices. Our workshop leader will provide a short presentation at the start of the workshop with a supporting handout on the contextual background of the practitioner for future examination revision or coursework.

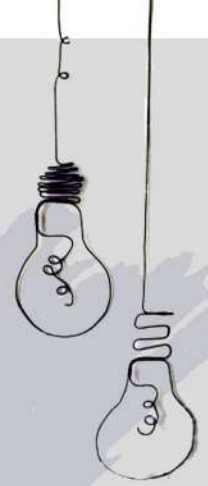




WORKSHOP AIMS

- To provide a brief contextual introduction to Constantin Stanislavski and his work in the early 20th century.
- To introduce the Stanislavski method of acting to help students create realistic portrayals of their characters for audition, performance and examination work.
- To practically explore and apply key Stanislavski techniques to support the students acting development.
- To provide a brief contextual introduction to Bertolt Brecht and his early influences.
- To introduce Brecht's Epic Theatre and the Verfremdungseffekt.
- To practically explore Brecht's key techniques, either applying his theories to the student's current textual work, devising process or through an introductory session.
- To provide a brief contextual introduction to Antonin Artaud.
- To introduce students to his anti-bourgeois and free thinking theatre.
- To introduce Artaud's Manifestos of the Theatre of Cruelty.

SHAKESPEARE WORKSHOP



SUPPORTING EDUCATION

Workshops can be designed to help students interpret set texts, examination pieces or audition monologues that you are working on as part of the curriculum or in production.

Our workshops are about making Shakespeare accessible; translating the language and context into a relatable performance piece. The workshop leader will explore the Iambic Pentameter, speaking verse and prose, visual storytelling and contextualising the work into modern parallels to enable students to fully understand the meaning and background of the work. The workshops will encourage actors to feel more confident and self-assured whilst performing Shakespeare which will improve their studies and performance skills long term.





WORKSHOP AIMS

- To create a bespoke workshop with a trained specialist in Classical Theatre and Shakespeare
- To assign a trained specialist to help support examination set texts, performance work or monologue preparation for Higher Education auditions and LAMDA
- Bringing text to life through practical exploration, off text improvisation, vocal techniques and character work
- Translating and delivering Shakespeare's Language - Prose versus verse, rhetoric and the art of persuasion
- Thematic awareness and understanding the contextual background of Shakespeare's work and its meaning within the 21st Century

APPLIED/DEVISING THEATRE WORKSHOP



SUPPORTING EDUCATION

Our workshops are designed to support devising projects at every stage of the process. Our workshop leaders can support the initial responses to stimuli, development of ideas and creating the final performance piece as part of the students studies and final examination work.



Our workshop leader's are trained at degree and MA level and have a comprehensive understanding of theatrical styles & techniques within the devising process. Applied theatre workshops will focus on creating work with a community focus, using theatre of change and in education. We can plan the workshop to tackle specific community issues that will help to raise awareness in the final performance pieces. We can also work in accordance with any community events and charitable projects that have been planned within the academic calendar. Our specialist workshop leaders can plan a workshop to support current community projects, theatre in education work, children's theatre and generic devised pieces that requires a specific practitioner style and influence. As part of the workshop we can include a short session on playwriting and how to translate the practical findings into a script for future performance work.



WORKSHOP AIMS

- Using improvisation to create original material with a community focus (Applied Theatre)
- To enable students to create a unique piece of theatre, supporting subject matters / topics and themes which the students are currently studying as part of their studies
- To create theatre that promotes inclusion, whilst tackling social issues that may be impacting the students or the wider community using Theatre for Change and in Education (Applied Theatre)
- To experiment with a wide range of devising methods which derive from Brecht's theatre practice, Augusto Boal - Forum Theatre and contemporary practitioners such as Frantic Assembly, Knee High Theatre, Forced Entertainment and Action Hero.
- To focus on storytelling and ensemble playing, encouraging a multi-disciplinary piece of theatre which explores the students skills base
- To collate all practical findings into a short session on creative playwriting
- To work with the students current stimuli to help generate comprehensive ideas and material, whilst working with the specification requirements for GCSE, AS, A LEVEL and BTEC for Devising Theatre

AUDITION PREPARATION AND TECHNIQUE (MUSICAL THEATRE & ACTING) WORKSHOP



SUPPORTING EDUCATION

Our workshops are designed to provide an honest and supportive insight into the professional practices required to succeed whilst auditioning for Drama School or University.

The workshop leader will lead students through a typical audition day using group improvisation exercises, monologue work, singing audition and interviews, whilst reinforcing the etiquette expected for professional training courses. The workshop will conclude with a mock audition, using role play scenarios that enable the students to be re-directed with their monologues or songs. Our trained workshop leaders will be able to advise students on the different options for training and the specific requirements of auditioning for acting and musical theatre courses. The workshop will also focus on raising aspiration and retraining negative mindsets, allowing students to participate in practical exercises that focus on overcoming nerves and anxiety. Choosing the right material is essential and the workshop leader will work with the students current monologue and song choices as well as introducing a new repertoire of audition material that meets the professional training requirements set out by drama schools and universities.





WORKSHOP AIMS

- Guidance on how to choose the right place to study with an introduction to the NEW Federation of Drama Schools which was established in June 2017 and the hallmarks of conservatoire style training.
- An honest perspective on the pros and cons between University and Drama School training and how to choose the right pathway to suit your own career goals.
- To give participants practical tips on how to prepare for the audition physically, vocally and emotionally in the lead up to the audition.
- Guidance on how to choose the right audition material for both professional courses in Acting & Musical Theatre (monologues & songs).
- What to expect in the audition and how to prepare for the day - positive mindsets and eliminating anxiety in the audition space.
- Audition etiquette and how to impress in your interview.

PREPARATION | CAREERS | SUCCESS



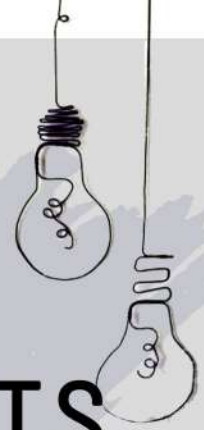
PRODUCTION SUPPORT

We have a highly skilled team of directors, stage managers, musical theatre directors and choreographers with extensive experience within the industry. We appreciate that productions can be highly demanding amongst curriculum responsibilities and therefore have a team on standby who can come and support your production requirements. Our directors have produced full scale productions in professional theatres and have worked with young casts. We can provide a director to come in and rehearse with your cast on a weekly basis or to oversee the final stages of the production. Our directors will ensure that the material is developed at a high level in an innovative and creative manner. Our Stage Manager has worked at prestigious local theatres such as the Mayflower Theatre and Theatre Royal in Winchester supporting professional productions. We can provide a Stage Manager to create your book, call the show and attend the latter stage of the rehearsal process to meet the director and technical team.

The Stage Manager can be available throughout your production week to ensure all your technical needs are met and the production runs smoothly. Our Musical Theatre Directors have trained in Professional Musical Theatre and are skilled pianists who can come in and teach material to ensembles and soloists. Our MD will conduct the show if you require them to or can be on standby to support your music department. Our choreographers have a huge amount of experience in choreographing for different styles of production work. They have choreographed contemporary dance & jazz dance routines, musical theatre productions and for Rock Challenge and therefore have a versatile understanding on how to create original material. Our choreographer can come in on a weekly basis or for one off workshops to choreograph material for productions or extra curricular work. Our production team can come in on work placements depending on your requirements, they are all DBS checked and have previous experience of working in educational settings.

DIRECTING | CHOREOGRAPHY | TECHNICAL | SUPPORT

CPD, TRAINING COURSES AND WELLBEING IN THE PERFORMING ARTS



SEPA EDUCATION CPD

Performing Arts Wellbeing workshops to support you BOTH as a TEACHER and as an INDIVIDUAL.
3 hour interactive CPD which allows you to work on your teaching practice as well as your own personal wellbeing.

Our CPD has been designed to enable teachers to participate in two practical workshops which allow for both curriculum and personal development.

Following our CPD we hope you will not only feel revitalised, but well equipped to use the techniques to help improve your students wellbeing and long term learning in the Performing Arts.

We currently offer the following WELLBEING CPD workshops:

VOCAL HEALTH FOR PERFORMERS - THE HEALTHY VOICE

YOGA FOR PERFORMERS





WORKSHOP AIMS

THE HEALTHY VOICE WORKSHOP

'The Healthy Voice' workshop has been designed to technically explore the mechanics of the voice, to enable students to understand how to improve vocal issues that may be preventing them from performing at their best in current performance work or exams. Public speaking both in a performance and professional capacity is essential and can sometimes hinder capable students who feel less confident about using their voice.

TEACHER FOCUS: This workshop will focus on how the voice works through a practical led workshop exploring the mechanics of the larynx, vocal folds, lung and diaphragm control as well as how to protect your voice through day to day Vocal Health exercises. As a teacher using your voice is key, our workshop leaders will show you how to look after your instrument through busy and stressful teaching periods. No Singing required - unless you feel the urge!

STUDENT FOCUS: To enable students to improve vocal clarity and projection both for singing and acting work through vocal anatomy exercises. To help build students confidence with public speaking, preparing students for forthcoming performances, auditions, interviews and work placements that require clear and effective communication skills. All the exercises can be transferable in the classroom allowing less confident students to let their voice be heard!



WORKSHOP AIMS

YOGA FOR PERFORMERS

Almost all CDS Drama Schools provide yoga as a required class for first year students, with the expectation that they should carry on the practice throughout their training. But yoga not only improves strength & flexibility - it's an invaluable practice for physical awareness, posture & breath control which contributes to a grounded & confident performer.

This practical hour workshop is designed to help you & your students discover yoga in a safe and supportive environment, exploring the fundamentals of yoga with a focus on how it can enhance performance.

TEACHER FOCUS: Support personal wellbeing

The workshop will focus on basic yoga postures (asanas), safe alignment and breathing techniques (pranayama). We will also look at relaxation techniques (yoga nidra) and meditation.

Regular yoga practice can also be a valuable tool for unleashing body-confidence, promoting mindfulness & raising self-esteem.

STUDENT FOCUS: Improve positive mindsets and physical development

Yoga can be used to help eliminate anxiety with low esteem students, relaxation, visualisation and meditation can also help to improve their self belief and attainment in class. Yoga also increases flexibility, posture, stability which can be transferable to all performance work.



WORKSHOP LEADERS

VOCAL HEALTH FOR PERFORMERS

An educational workshop delivered by Stephen King, an International Vocal Coach, Massage and Laryngeal Manual Therapist on Harley Street in London.

Stephen has trained as a fully qualified deep tissue massage therapist and continued his studies with pioneering osteopath Jacob Lieberman, learning insightful techniques to free the voice through manual therapy. Stephen has also conducted his own post graduate research into the benefits and techniques of Vocal Massage and Laryngeal Manual Therapy, making him an expert in this field of work. Stephen also presented his research at the acclaimed 2018 Voice Geek conference in London and at The 2nd Edition World Voice Teacher's Expo in Poland. He is the resident vocal massage therapist within the cutting-edge treatment department at The Urdang Academy, using multidisciplinary techniques to effectively treat triple-threat performers and runs his own Harley Street clinic.

YOGA FOR PERFORMERS

A workshop with Trained Actress and Sunflower Yoga Instructor Clare Mc Call.

Clare completed her 200hr Registered Yoga Teacher qualification in 2016 and trained with Yoga Dharma in Southend. Since receiving her qualification, Clare has been teaching yoga in London and her hometown of Salisbury. Clare trained at the East 15 Acting School and recently graduated with a MA in Advanced Theatre Practice from the Royal Central School of Speech and Drama.

WORKSHOP LEADER

AARON FITZGERALD

TRAINING: SCHOOL OF CREATIVE ARTS AT BLACKPOOL
ON THE FYDLE COLLEGE
BA (HONS) IN ACTING

Aaron has extensively trained in Acting and has worked on a variety of tours and short films. Some of his recent credits include: Heathcliff in *Wuthering Heights* and Demetrius in *A Midsummer Nights Dream*. He is a lover of the works of Shakespeare and recently toured as an actor-musician with Chapterhouse Theatre. He has also appeared in *One Man, Two Guvnors* with Groundlings Theatre Company

Offering Workshops in: Shakespeare



WORKSHOP LEADER

CLARE MCCALL

TRAINING: EAST 15 ACTING SCHOOL
ROYAL CENTRAL SCHOOL OF SPEECH AND DRAMA
BA (HONS) IN WORLD PERFORMANCE
MA IN ADVANCED THEATRE PRACTICE

Clare is a London-based actor, performer and theatre maker who trained at East 15 Acting School. She has recently graduated with a MA in Advanced Theatre Practice from the Royal Central School of Speech & Drama. Clare is particularly excited by new writing, devised and interdisciplinary performance. Clare is also the Co-Artistic Director at Atlas Movement Theatre and Associate Artist at Footprints Theatre Company.

Recent Credits include: *The Girl Who Fell in Love with a Wolf* (BBC), *Social Media Suicide* (Carnesky Productions), *The Further Adventures of Lucy-Anna Martin* (Independent Feature Film), *Siege 1648* (StageWrite), *Colchester Curiosities* (Footprints Theatre Company). Clare is currently working on her own one-woman show *Soical Media Suicide*. Clare will be able to support students with the devising units required for both GCSE and A Level and how to create innovative theatre that meets the unit specifications for examination.

Offering Workshops in: Applied/Devising, Practitioners, Audition Preparation



WORKSHOP LEADER

MATTHEW OSBORN

Matthew is a professional actor/director/teacher/writer from London. He has worked & studied in the UK, the Czech Republic, Poland, Germany & Australia. After finishing his studies in 1993 Matthew created his own theatre company, a company that performed both recognised & new plays throughout the UK & Europe and devised and performed T.I.E. (Theatre in Education) for local councils in London & Europe. From 2003 - 2017 Matthew worked & lived in Melbourne, Australia. In Melbourne Matthew got to work with The Arts Centre - creating theatre & performing for schools throughout Melbourne & state Victoria; The Song Room - creating & directing artistic programmes for regions Australia wide that have little or no access to the arts and Stage School Australia - Australia's largest school for the arts. Matthew is a passionate supporter of the arts, in all its forms. He believes that the arts is one of the most important tools to share the human experience, and bring people together to explore & share that human experience.

Offering Workshops in: Applied/Devising, Practitioners, Shakespeare, Audition Preparation



WORKSHOP LEADER

MICHELLE SMITH

TRAINING: University of Hertfordshire
BA (Hons) Performing Arts
University College London (UCL)
Institute of Education
PGCE

Michelle is the founder and Artistic Director of Theatre for Life

Michelle has been teaching and directing youth theatre productions for over 17 years. Her teaching experience includes: BTEC Performing Arts and A Level Drama at Hammersmith and West London College. Course leader for BTEC Performing Arts at Queen Mary's College and Richard Taunton Sixth Form College. GCSE Drama teacher at Thornden School. International Drama teacher placement in Sydney, Australia. Youth Theatre director for student productions at The Point Theatre, Berry Theatre and The Hub Theatre. Michelle has worked with National Theatre Learning, devising an original piece of theatre with students, based on Warhorse by Michael Morpurgo. Michelle has written scripts for professional distribution for TreePress based in New York, USA

Offering Workshops in: Applied/Devising, Practitioners,
Shakespeare, Audition Preparation,



WORKSHOP LEADER

CAMS DENTON

TRAINING: The University of Winchester
BA (Hons) in Theatre Production (Stage and Arts
Management)

Cams has been working and volunteering in the industry for around 5 years working with a range of different companies varying from amateur theatre to professional. Cams has worked with companies and venues such as Theatre Royal in Winchester, Music Theatre South, Mayflower Musical Youth Theatre, Thornden Hall and The Stage Door Southampton. Working in various different stage management roles throughout that time has enabled her to establish herself fully within all aspects of stage management. Cams will be supporting Theatre for Life with all the stage management aspects of their work as well as providing workshops on stage management for schools & colleges. Cams will be delivering workshops on the different roles & responsibilities of stage management, creating prompt copies, working within different staging configurations, theatre etiquette and how to run a show.

Cams is also available for stage management placements within schools, colleges and youth theatre companies.



**THEATRE
FOR
LIFE.**