

THEATRE FOR LIFE.

MUSICAL THEATRE WORKSHOPS

SINGING TECHNIQUE | ACTING THROUGH
SONG | REPERTOIRE | AUDITION PREP |
VOICE | JAZZ | TAP | CHOREOGRAPHY |
PRODUCTION SUPPORT | KS3 & 4 | AS & A
LEVEL | BTEC | CAMBRIDGE TECHNICALS |





DISCOVERING
YOUR VOICE



CONTENTS

Singing and Musical Theatre Repertoire

The Healthy Voice

Audition Preparation and Technique (Musical Theatre)

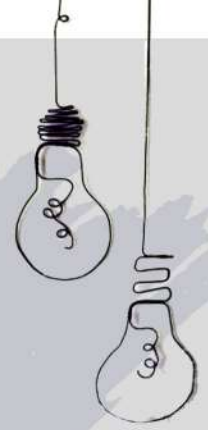
Musical Theatre Jazz Dance and Tap

Production Support

CPD, Training Courses and Wellbeing in the Performing Arts

Workshop Leaders

SINGING AND MUSICAL THEATRE REPERTOIRE WORKSHOP



SUPPORTING EDUCATION

Our Musical Theatre workshops can be designed to help you explore the style and techniques of works that you are currently teaching or directing.



The workshops enable learners who are struggling with singing to learn how to use their voices correctly, whilst applying acting through song to create a fully rounded performance/audition piece. Our trained Musical Theatre leader will explore vocal warm ups, range, style and belting safely. The leader will also explore how to integrate acting, singing and movement in performance work. The workshop will also look at Musical Theatre repertoire; focusing on all styles and genres, and support learners who are struggling with choosing audition or rep material. We can also arrange placements to help with production work (See Production Support Workshop). We can deliver workshops focusing on Musicals ranging from Early Broadway (Legit/Pre 1965) to modern day works (Please see our popular repertoire at the back of this brochure).



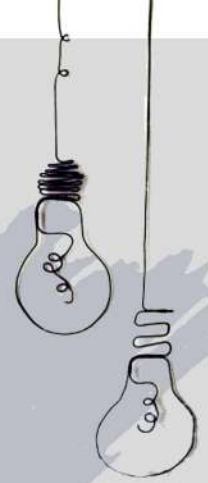
CREDIT: RICHARD BUDD PHOTOGRAPHY/RICHARD TAUNTON SIXTH FORM COLLEGE

WORKSHOP AIMS

- To create a bespoke workshop with a trained specialist in Musical Theatre, auditioning and singing technique.
- To assign a Musical Theatre director to help support your production with Musical Theatre and singing.
- To use the Estill singing technique with students, working on vocal technique that will improve vocal sound, control, range and style.
- To work on acting through song focusing on emotional content, mood and interpreting lyrics.
- To explore integrated performance; and how to apply the three disciplines of acting, singing and dance within the context of a Musical.

DYNAMICS | MUSICALITY | TECHNIQUES

THE HEALTHY VOICE WORKSHOP



SUPPORTING EDUCATION

Our workshop on 'The Healthy Voice' 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. Our practitioner has achieved a post graduate qualification on vocal health as well as being a trained actress in Musical Theatre from the accredited drama school, Arts Educational in London.

Our workshop leader can create a bespoke workshop tailored to both performance work in acting and singing and will endeavour to support the different vocal needs of each of your students in the workshops.





WORKSHOP AIMS

- To enable students to improve vocal clarity and projection both for singing and acting work through a vocal anatomy and health workshop.
- To technically explore the students voices through a practical led workshop exploring the mechanics of the larynx, vocal folds, lung and diaphragm control.
- To enable students to work with a qualified singing and vocal practitioner on how to work with different types of text & songs, exploring vocal choices and freeing up your sound.
- To enable students to work on current acting and/or singing work that requires vocal development, this workshop would also support students taking LAMDA or Trinity exams for both singing and the spoken word.
- To enable students to build confidence with public speaking, preparing students for forthcoming auditions, interviews and work placements that require clear and effective communication skills.

PROJECTION | ARTICULATION | CONTROL

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.



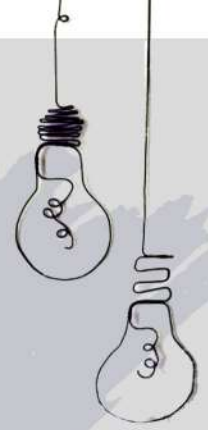


WORKSHOP AIMS

- 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

MUSICAL THEATRE JAZZ AND TAP WORKSHOP



SUPPORTING EDUCATION

Our workshops can be designed to help support students with specific dance styles in Musical Theatre Jazz, Jazz technique and Tap.

Our workshop leader will deliver professional industry standard workshops that explore popular jazz techniques which can be found in current and past Musical Theatre repertoire, as well as giving students a strong understanding of Jazz and Tap technique. Our Dance specialist can create original and choreographic material with your students for productions or for examination work. The focus of the workshop could be on the integration of dance within the context of a Musical or how dance can help to communicate a story through emotive and original movement unique to the dancer.





WORKSHOP AIMS

- To assign a Dance & Performing Arts specialist to help support your class or production with Musical Theatre Jazz and Tap.
- To provide an introduction to Jazz warm ups, walks, steps, isolation & contraction work and routines based on Musical Theatre repertoire including Bob Fosse amongst others.
- To teach students the basic techniques of tap and introducing various rhythms including; stop-time, syncopation and across-the-floor technique.
- To develop improvisation skills through various techniques including time-steps - encouraging the students and providing them with confidence building exercises to allow them to have a creative input.
- To encourage students to take an interest in learning how tap has evolved and how to use the various styles throughout their work.
- To teach students various tap repertoire from Gene Kelly to Tap Dogs and Stomp.

BROADWAY | PERFORMANCE | TECHNIQUE



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.

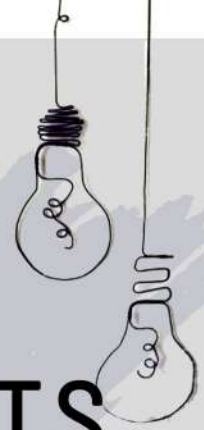
The Stage Manager can be available throughout your production week to ensure all your technical needs are met and the production runs smoothly. Our Musical Theatre Directors have trained in Professional Musical Theatre and are skilled pianists who can come in and teach material to ensembles and soloists. 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

Our Musical Theatre repertoire list includes a mix of works, styles and genres from the Musical Theatre catalogue. Below are popular works that can be offered by our workshop leaders, amongst many others. If your school/college is studying a particular show that you are keen to work on, please discuss this with our education manager and we will endeavour to have a workshop leader work on your selected piece.

Musical	Year	Music/Lyrics/Book	Style
Oklahoma!	1943	Richard Rodgers/Oscar Hammerstein II	Legit
Kiss Me Kate	1948	Cole Porter/ Samuel and Bella Spewack	Legit
Oliver!	1960	Lionel Bart	Legit
Sweet Charity	1966	Cy Coleman/Dorothy Fields	Broadway/Jazz
Cabaret	1966	John Kander/Fred Ebb/Joe Masteroff	Broadway/Jazz
Chicago	1975	John Kander/Fred Ebb/Joe Masteroff	Broadway/Jazz
Annie	1977	Charles Strouse/Martin Charnin/Thomas Meehan	Broadway
42 nd Street	1980	Harry Warren/Al Dubin/ Michael Stewart/Mark Bramble	Broadway
CATS	1980	Andrew Lloyd Webber/T.S Eliot	Contemporary Mix
Little Shop of Horrors	1982	Alan Menken/Howard Ashman	Pop/Rock/Comedy
Les Miserables	1985	Claude-Michel Schönberg/Alain Boubil	Contemporary Legit
The Mystery of Edwin Drood	1985	Rupert Holmes	Contemporary Mix
Beauty and the Beast	1994	Alan Menken/Howard Ashman/Tim Rice/Linda Woolverton	Disney
Urinetown	2001	Mark Hollmann/Greg Kotis	Contemporary Mix
We Will Rock You	2002	Queen/Ben Elton	Jukebox
Chitty Chitty Bang Bang	2002	Robert B. Sherman/Richard M. Sherman/Jeremy Sams	Contemporary Mix
Hairspray	2002	Marc Shaiman/Scott Wittman	1960s
Wicked	2003	Stephen Schwartz/Winnie Holzman	Contemporary Mix
Spamalot	2005	John Du Prez/Eric Idle/Mark O'Donnell/Thomas Meehan	Comedy
Billy Elliot	2005	Elton John/Lee Hall	Contemporary Mix
Spring Awakening	2006	Duncan Sheik/Steven Sater	Pop/Rock
The Drowsy Chaperone	2006	Lisa Lambert/Greg Morrison/Bob Martin	Contemporary Pastiche
The Wedding Singer	2006	Matthew Sklar/Chad Beguelin	1980s
Legally Blonde	2007	Nell Benjamin/Laurence O'Keefe/Heather Hach	Contemporary Mix
Sister Act	2009	Alan Menken/Glenn Slater/Bill and Cheri Steinkellner	Contemporary Mix
Matilda	2010	Tim Minchin/Dennis Kelly	Contemporary Mix
The Addams Family	2010	Andrew Lippa/Marshall Brickman/Rick Elice	Contemporary Mix
Bonnie & Clyde	2011	Frank Wildhorn/Don Black/Ivan Menchell	Contemporary Mix
The Book of Mormon	2011	Trey Parker/Robert Lopez/Matt Stone	Comedy
Big Fish	2013	Andrew Lippa/John August	Contemporary Mix

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

CHRISTOPHER HEWITT

TRAINING: THE URDANG ACADEMY, LONDON
BA (HONS) IN PROFESSIONAL MUSICAL THEATRE AND DANCE
(FIRST CLASS HONOURS)

Christopher has recently graduated from the prestigious Urdang Academy, London (accredited by CDET/Trinity College London) gaining a First Class BA (Hons) in Professional Musical Theatre and Dance. Christopher is a talented performer with skills in Acting, Singing and Dance including Ballet, Jazz, Tap, Choral Singing, Technical Singing, Acting Through Song, Audition Technique and Piano.

Credits include:

The Sheriff of Nottingham in Lionel Bart's *Twang!!* (Union Theatre, London); Cap'n Turbot in *Paw Patrol Live!* (UK Arena Tour); Original West End Gala Cast of the Tony nominated Broadway musical *Disaster! the Musical* (Charing Cross Theatre, London). Man in Chair in *The Drowsy Chaperone* (Pleasance Theatre, London); Nostrodamus in *Something Rotten! (Urdang)*, Hackney Empire.
John Jasper/Clive Paget in *The Mystery of Edwin Drood (Urdang)*.

Offering Workshops in: Singing and Musical Theatre Repertoire, Audition Preparation (Acting and Musical Theatre), Production Support



WORKSHOP LEADER

POPPY ANDREWS

TRAINING: ARTS EDUCATIONAL SCHOOL, LONDON
BA (HONS) IN MUSICAL THEATRE

Poppy is a working actress and Performing Arts teacher, specialising in voice. She completed a BA Hons Degree in Musical Theatre from Arts Educational school, and performing credits include: numerous concerts with the BBC Concert Orchestra, working with community outreach programme 'Pimlico Opera', and most recently Sleeping Beauty at Buxton Opera House. As a teacher, Poppy works primarily with Spirit Young Performers Company, choreographing and directing young and upcoming Musical Theatre performers, many of whom are currently working in West End productions.

She has recently completed a post graduate diploma in vocal pedagogy with Voice Workshop, where her research papers focused mainly on the vocal health and function of student singers. She uses this research to support her work as both a teacher and performer, and hopes to inspire young performers to be eager and multi-faceted actors in this competitive industry.

Offering Workshops in: Singing and Musical Theatre Repertoire, The Healthy Voice, Audition Preparation (Musical Theatre), Jazz Dance, Choreography, Dance Audition Technique, Production



WORKSHOP LEADER

KATHRYN BARNES

TRAINING: LONDON STUDIO CENTRE

BA (HONS) IN MUSICAL THEATRE (FIRST CLASS HONOURS)

The SHELIA O'NEILL AWARD FOR 'EXCELLENCE IN MUSICAL
THEATRE' 2010

Kathryn has recently finished performing in *Me And My Girl*
(Chichester Festival Theatre, 2018)

Other Credits include: *The Addams Family - A Musical Comedy* (The Theatre at Mediacorps, Singapore), *The Addams Family - A Musical Comedy* (UK/Ireland Tour), *Chitty Bang Bang* (UK/Ireland Tour), *Chitty Chitty Bang Bang* (West Yorkshire Playhouse), *Cats* (West End Revival at the London Palladium), *Cats* (UK/International Tour), *Oliver!* (Sheffield Theatres), *Sleeping Beauty* (Courtyard Theatre), *The Boyfriend* (Her Majesty's Theatre) & *Footloose* (Greenwich Theatre).

Television: *Sunday Night* at the London Palladium & *Tonight* at the London Palladium on ITV.

Kathryn currently teaches classes & workshops at various schools and dance colleges around the UK.

Offering Workshops in: Singing and Musical Theatre Repertoire, Dance Audition Preparation, Musical Theatre Dance and Jazz



WORKSHOP LEADER

DOMINIC ANDERSEN

TRAINING: ARTS EDUCATIONAL SCHOOL, LONDON
BA (HONS) IN MUSICAL THEATRE

Dominic recently finished playing the role of Ram Sweeny in *Heathers the Musical* (Theatre Royal Haymarket/The Other Palace)

Dominic has an extensive background in Musical Theatre and Television having played Rocky Horror in *The Rocky Horror Show* (West End/UK Tour) as well as The Rum Tum Tugger in *CATS*. He has also played Ram in *Heathers The Musical*. Whilst treading the boards Dominic has appeared in roles on *Humans* (Channel 4) as well as *Saturday Night Takeaway* (ITV) and *The Keith Lemon American biopic*. The skills Dominic brings include a knowledge on how to own an audition room and how to embody yourself fully as a performer. Dominic is also a Personal Trainer and combines a healthy body and postural approach when teaching to create a proud and captivating performer. "My main aim is for everyone to feel confident to have as much fun as possible in a competitive and often quite scary career choice".

Offering Workshops in: Audition Preparation and Technique



WORKSHOP LEADER

HOLLY ASHBY

TRAINING: DOREEN BIRD COLLEGE OF PERFORMING ARTS
DISTINCTION IN MUSICAL THEATRE
TEACHING DIPLOMA

Holly trained at Doreen Bird College of Performing Arts for three years where she attained the much coveted distinction award in Musical Theatre as well as her teaching diploma. Her experience includes the principal role in Peter Pan at The Theatre Royal in Plymouth and Lola in Copacabana at the Peacock Theatre, London. Whilst also appearing in several television advertisements, Holly's main strength had always been in teaching. This has been successfully carried out whilst teaching and choreographing jazz and musical theatre for children and adults alike as well as teaching jazz for SEN students at Blue Apple Theatre (Winchester) and Southampton University. Karen Kay Theatre Arts (Brighton) and Florian School of Dance (Winchester).

Offering Workshops in: Musical Theatre Dance, Jazz and Tap



WORKSHOP LEADER

EMMA HUGHES

TRAINING: ITALIA CONTI ACADEMY OF THEATRE ARTS
TRINITY COLLEGE DIPLOMA IN PERFORMING ARTS
PGCE

Emma trained in London at The Italia Conti Academy of Theatre Arts gaining a Trinity College diploma in Performing Arts. After graduating she spent working professionally abroad and closer to her home in Hampshire. On return to her roots in Hampshire, Emma achieved a BA (Hons) in Performance in Education and QTS. Since then she has enjoyed providing professional and engaging lessons for children, adults and teachers at studios and schools in Southampton, Portsmouth, Petersfield and Fareham.

Offering Workshops in: Musical Theatre Dance, Jazz and Tap.



**THEATRE
FOR
LIFE.**