

the
actors
centre

speaking
with
confidence



The Actors Centre is the UK's leading organisation offering continual professional development for actors throughout their careers. Working with some of the highest regarded international performers and coaches across theatre, film and television, we bring our expertise and experience into the business world, offering a unique theatrical approach to professional training.

The centre provides a unique service helping professional actors improve their skills and exercise their talents and so provides the entertainment industry as a whole with a pool of practised, inquiring artists.' Sir Anthony Hopkins

Course Overview

This one day course aims to develop each participant's confidence and ability to speak publicly. We will assess each individual's concerns around public speaking, and evaluate your current performance through use of voice, body language and energy to convey the message.

Using tailored acting techniques we will then provide the framework to overcome nerves, eliminate bad habits and increase your proficiency to connect and interact with an audience. While conducted in a group setting, this workshop will have a large emphasis on the individual, to ensure you are receiving the correct direction to convey your personality and individual style.

Participants should prepare a 5 minute talk for this workshop on a topic of your choice (ideally something related to work). You will have the option to work from bullet points or notes when delivering the speech at the end of the session, but for exercises it is necessary to have a full speech written down. The presentation will be delivered in front of the group at the end of the workshop.

If participants wish to film their speeches, you should bring a phone/camera and charger.

Participants will be provided with lunch, and teas and coffees throughout the day. All dietary requirements are catered for.

Course Content

The course begins with a number of warm-ups. We provide vocal exercises which aim to reset a tired voice, and are easy to replicate ahead of a presentation, as well as physical warm-ups, to warm up the muscles which support the voice, and enhance posture and body language. This also includes specific exercises focused on the hands, as these often carry tension and can show nerves.

We then focus on how to inject energy both vocally and physically, and delve further into what makes an effective presenter. We will look at a number of features of speech making, such as how to add character to make the voice engaging, how to reduce the use of filler words, such as 'like' and 'um', how to control speed to not rush through a presentation, how to relax a constricted voice when holding tension, how to find the right pitch before beginning a presentation and how to project effectively. The course will also look at vocal health, for those required to speak often.

Following this we turn to the speeches which have been brought along. We start by looking at audience interaction, and how answer questions effectively. We then invite participants to deliver their speeches with all of the above to be put into action.

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